FIT FLASHBACK: Jog your memory with these 10 tips for shaping up | **Inside**

express

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Don't be trashy. Please Recycle this newspaper.

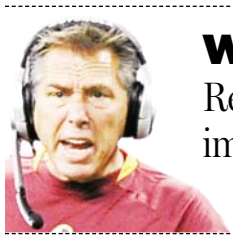
Tuesday

DAVID ZALUBOWSKI/AP

Thousands of store may be forced to close in 2009.

Slow Sales: Retailers fight to survive holiday fallout | 10

Crab Decline: Report pins Bay drop-off on pollution | 11



Work Ahead: Redskins look to improve in the offseason | 16

ENTERTAINMENT

So Long, 2008: *Tina Fey* (aka, Sarah Palin) is one of many entertainers who made this uber-political year memorable.

>> 17-23

ABID KATIB/GETTY IMAGES

SORROW: Palestinian mourners carry the body of Jawaher Baalusha, 4, who was killed in an Israeli missile strike, during her funeral Monday in the Gaza Strip.

A 'War to the Bitter End'

Death toll in Gaza climbs to 364 as Israel pounds Hamas

GAZA CITY, GAZA STRIP | Israel obliterated symbols of Hamas power on the third day of what the defense minister described Monday as a "war to the bitter end," striking next to the Hamas premier's home and devastating a security compound and a university building.

The three-day death toll rose to 364 on Monday, with some 1,400 reported wounded, according to Palestinian medical officials. The U.N. said at least 62 of the dead were civilians, and medics said eight children under the age of 17 were killed in two separate strikes overnight. Israel launched its campaign, the deadliest against Palestinians in decades, on Saturday in retaliation for rocket fire aimed at civilians in southern Israeli towns. Since then, the number of Israeli troops on the Gaza border has doubled and the Cabinet approved the call-up of 6,500 reserve soldiers.

The strikes have driven Hamas leaders into hiding and appear to have gravely damaged the organization's ability to launch rockets. But on Monday night, Palestinian militants sent a deadly array of missiles flying deep into Israel on Monday, demonstrating that Hamas still had firepower three days into Israel's punishing air offensive in Gaza.

A missile crashed into a bus stop in Ashdod, 23 miles from the Gaza Strip. A woman died and two others were wounded, one seriously — the first casualties in the city of 190,000 residents. (AP)

World protests: Rallies in the Mideast and throughout Europe decry Israel's ongoing assault in Gaza | **Page 7**

pollcenter ARE YOU GETTING ANY WORK DONE DURING THESE DAYS BETWEEN HOLIDAY WEEKENDS? A YES B NO

TO CAST YOUR VOTE, VISIT **EXPRESSNIGHTOUT.COM** OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S POLL RESULTS, SEE PAGE 32

TUESDAY	WEDNESDAY	THURSDAY
53 | 37	43 | 22	35 | 34

TODAY: Mostly sunny with a slight breeze; mild temperatures continue | 34

eyeOpeners

AMMO

A Toilet, With Magazines

Authorities said a stolen gun was recovered when a detective tried to used the suspect's bathroom and couldn't get the toilet to work. A detective investigating the theft of a handgun, jewelry and cash from a home was told a possible suspect might be staying at a Port St. Lucie, Fla., hotel. The detective met with a 21-year-old suspect and during an interview, the detective asked to use the man's bathroom. When the detective couldn't get the toilet to flush, he took off the tank cover to see what the problem was. That's when he found the handgun and three magazines with bullets. The man was charged last Monday with grand theft and grand theft of a firearm. (AP)

ECOSYSTEMS

There's Always Room for Dead Fish

A researcher at Montana State University said Jell-O, ultrasound, microwaves and electroshocking are among the possible solutions to eliminate lake trout in Yellowstone National Park. Lake trout were introduced illegally into the park and threaten native cutthroat trout in Yellowstone Lake. Al Zale received a grant from the National Park Service to find the best way to destroy lake trout eggs. Zale heads the Montana Cooperative Fishery Research Unit at MSU. He and his collaborators will analyze several potential solutions and recommend the best. If Jell-O is chosen, Zale says it would probably be unflavored. He says workers could spread it over the fish eggs to smother them, likely during spawning season in late fall. (AP)

CHINA PHOTOS/GETTY IMAGES

DRESS-UP!

Emperor for a Day

A potential world leader wrapped himself in antique garb and slapped on a stern visage Sunday as a group of judges in Beijing interviewed contestants to play an emperor in the annual imperial rites ceremony, staged mainly as a tourist attraction during next month's Chinese lunar new year holidays. It was like "American Idol," except with much more colorful costumes and without the singing. And we doubt anyone called this guy "pitchy." (EXPRESS)

STUBBORNNESS

Criminal Doesn't Pay

Eau Claire, Wis., police said a man accused of stealing a soda worth $1.57 chose to go to jail rather than pay up, even though he was carrying more than $70. Police responding to the report say the 27-year-old man appeared drunk. An employee told officers the man had taken a cup from the counter, filled it and began drinking. When employees told him he had to pay for the drink or leave, the man refused to do either. A police officer told the man he could pay $1.57 or go to jail, and the man chose jail. The officer handcuffed and searched him, finding the money in his pocket. (AP)

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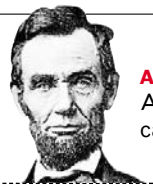

ABE'S GOT MAIL: A "Happy 200th Birthday" card is tough to find, but that's just what the Illinois Abraham Lincoln Bicentennial Commission is looking for. The group is asking people to send cards to Lincoln for his 200th birthday on Feb. 12 at his still-official address in Springfield, Ill.

Nation

In Brief

STEVE BISSON/AP

Savannah, Ga., firefighters spray water underground following an explosion.

SAVANNAH, GA.

Explosion Knocks Out Power And Blows Manhole Covers

Crews were waiting for an area to cool off under the streets of downtown Savannah Monday before they could determine what caused an electrical explosion that blew off manhole covers and knocked out power for hours. By late Monday, almost all streets had reopened, as did stores and restaurants evacuated after the blast, said police spokesman Gene Harley. No injuries were reported and there was only minimal damage, officials said. (AP)

HAVELOCK, N.C.

Marine Killed in Jet Crash Near Runway at Air Base

A Marine fighter jet crashed Monday about a mile short of a runway at an eastern North Carolina air base, killing the pilot, a Marine Corps spokesman said. The single-seat plane was returning to the base after a training flight when it crashed about 12:30 p.m. in an unpopulated area. (AP)

White House Pins Blame on Hamas

Bush administration backs Israel's missile strikes in Gaza Strip

CRAWFORD, TEXAS | The White House, calling Monday for a lasting cease-fire in the Mideast, backed Israel's deadly air attacks on the Gaza Strip and said the Islamic militant group ruling there had shown its "true colors as a terrorist organization."

After Hamas, which controls Gaza, fired mortars and rockets deep into Israeli territory, Israel retaliated Saturday with a fierce bombing campaign — the deadliest against Palestinians in decades. The airstrikes have enraged the Arab world.

"Right now the people of southern Israel are not able to live in peace," White House spokesman Gordon Johndroe said in Crawford, Texas, where President Bush is staying at his ranch. "They have to live in bomb shelters a lot of the time.

Johndroe

And that's unacceptable."

A six-month truce between Hamas and Israel expired earlier this month, but Hamas refused to extend it, saying Israel had violated its terms.

The U.S. urged Israel to avoid civilian deaths, yet that is difficult because bombs are falling in a tiny, crowded coastal area that is home to 1.5 million people. Johndroe expressed U.S. concern about humanitarian needs in Gaza, and said victims must be given access to food and medical supplies.

Asked if the U.S. thinks Israel is justified in its strikes on Gaza, Johndroe replied: "The United States understands that Israel needs to take actions to defend itself."

He would not speculate on how the U.S. would react if Israel launched a ground invasion of the Gaza Strip. DEB RIECHMANN (AP)

COVINA, CALIF. | HOLIDAY MASSACRE MEMORIAL

NICK UT/AP

TRAGIC SCENE: A woman and young girl visit a memorial to victims of a murder-suicide attack on Monday. Bruce Pardo barged into the Ortega family home Wednesay while dressed as Santa Claus, killing his ex-wife and several of her family members before destroying the house with a blowtorch. He committed suicide after leaving nine people dead.

Odd Earthquake Patterns Seen at Yellowstone Park

CHEYENNE, WYO. | Scientists are closely monitoring more than 250 small earthquakes that have occurred in Yellowstone National Park since Friday.

Swarms of small earthquakes happen frequently in Yellowstone. But Robert Smith, a professor of geophysics at the University of Utah, says it's very unusual to have so many occur in succession over several days.

The largest tremor was Saturday and measured magnitude 3.8.

Smith says it's hard to say what might be causing the tremors but notes that Yellowstone is very geologically active. An active volcano there last erupted 70,000 years ago. (AP)

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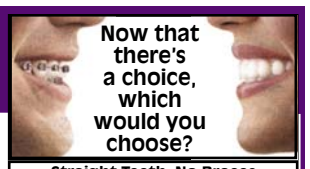

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Nation

305 **The number of people, in millions,** currently residing in the United States, an increase of 2.7 million from 2007, the Census Bureau estimated on Monday.

Kennedy Meets the Press

Senate hopeful gets chilly reception during rounds of interviews

ALBANY, N.Y. | Caroline Kennedy's latest trip under the spotlight as a Senate hopeful didn't get much better reviews than her first.

A New York Daily News columnist said "the wheels of the bandwagon are coming off." New York Post state editor Fred Dicker already put her on his list of 2008 losers. The New York Times said "she seemed less like a candidate than an idea of one: eloquent but vague, largely undefined and seemingly determined to remain that way."

On Friday, after weeks of silence, Kennedy agreed to sit down for interviews with The Associated Press and New York City cable TV's NY1. Over the weekend, she scheduled another round of interviews with other news organizations. The New York Daily News noted she frequently used the phrases "you know" and "um" during the interviews, which were skewered in political blogs Monday.

STEPHEN CHERNIN/AP

Caroline Kennedy is one of the candidates to replace Sen. Hillary Clinton.

"There has been some very rough comments," said Lee Miringoff, director of the Marist College poll. "I have been surprised," he said.

It's been three weeks since Kennedy said she was interested in the seat expected to be vacated by Sen. Hillary Rodham Clinton, who is President-elect Barack Obama's choice for secretary of state.

She drew criticism from news organizations that she ducked basic questions about issues and wasn't specific about why she wants to be, or should be, New York's senator.

In interviews over the weekend, she offered explanations that included the 9/11 attacks, Barack Obama's encouragement, and the commitment to public service by her father, President John F. Kennedy, and others in her family.

For some, that was reminiscent of a 1979 interview that helped undo her uncle's presidential campaign. Sen. Edward Kennedy didn't clearly explain why he wanted to be president much beyond citing family history when questioned by CBS newsman Roger Mudd.

Kennedy is one of several hopefuls seeking appointment by Gov. David Paterson to the Senate seat.

MICHAEL GORMLEY (AP)

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The National Institute of Mental Health is conducting a study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must:

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Nation

NEXT TIME, KNOCK: Firefighters in Hamilton, Ohio, have apologized for mixing up street addresses during a training drill Friday. They smashed in a family's front door, causing $1,000 in damage.

GOP Hesitant on Stimulus

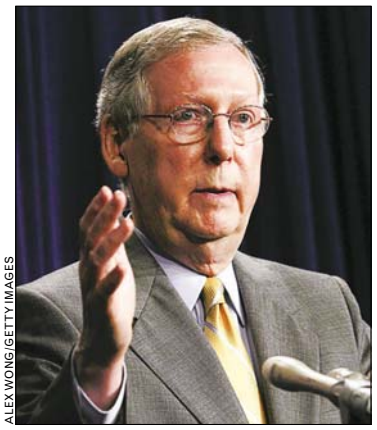
Party leaders say plan to help U.S. economy should not be rushed

WASHINGTON | Congressional Republicans on Monday said they would work with Democrats to craft a plan to stimulate the economy, but only if GOP ideas are considered for a bill that could cost as much as $1 trillion.

"We need the right mix of tax relief and other measures to grow the economy," Senate Republican leader Mitch McConnell of Kentucky said in a statement.

The Democrats' plan to pass a yet-unwritten stimulus bill before President-elect Barack Obama's inauguration next month gives Congress too little time to consider what's in it, he said.

"Taxpayers are in no mood to have a single dollar wasted, but it's not yet been explained how their tax dollars will be protected ... in a rush to spend their money," McConnell added.



ALEX WONG/GETTY IMAGES

Sen. Mitch McConnell says Congress needs time to consider a stimulus plan.

His comments and a simultaneous statement by House Republican Leader John Boehner of Ohio indicate that Republicans are emerging from their political fox hole with a traditional call for smaller government — even as many in the GOP ranks have joined Democrats in support of government rescues for the ailing financial sector.

Democratic aides are working over the holidays on a massive bill to shore up the economy. House Speaker Nancy Pelosi, D-Calif., and Senate Democrats have said they want Congress to consider the legislation at a special session next month.

Obama is proposing a package of as much as $775 billion over two years, his advisers say, though they think add-ons by lawmakers could raise the price to $850 billion. His advisers say an $850 billion plan could generate about 3.2 million jobs by the first quarter of 2011.

McConnell and Boehner said there should be hearings on what's in the bill and that the legislation should be posted online for public review for a week before it's brought up for votes. LAURIE KELLMAN (AP)

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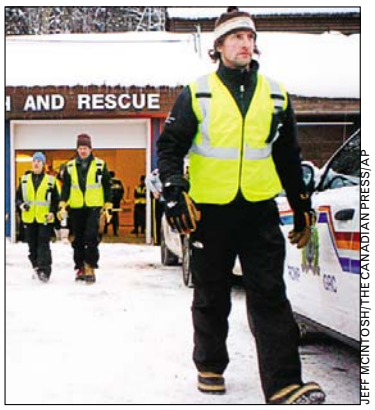
FOR THEATERS AND SHOWTIMES CHECK YOUR LOCAL DIRECTORY

VIEWERS' CHOICE: TV viewers have voted Soviet dictator Josef Stalin — who sent millions to their deaths in the 1930s — Russia's third-greatest historical figure. The state-run Rossiya channel said Sunday that medieval leader Alexander Nevsky was voted the greatest Russian.

World

In Brief



JEFF MCINTOSH/THE CANADIAN PRESS/AP

Rescuers prepare to search for missing snowmobilers in western Canada.

FERNIE, BRITISH COLUMBIA

Rescuers Recover Bodies Of 6 From Avalanche Scene

Six bodies have been recovered from the scene of two avalanches that buried eight snowmobilers in western Canada's backcountry, police said Monday. The bodies were recovered late Monday afternoon, hours after rescuers plowed through more than 27 inches of snow after heavy snow slides swept over 11 snowmobilers Sunday. Three men from the group survived; two others were still unaccounted for but presumed dead. (AP)

BEIJING

9 Suspects Begin Trial In Tainted Milk Scandal

Nine people went on trial Monday in connection with China's tainted milk scandal, state media reported. At least four of the suspects on trial Monday could be given the death penalty. Hearings were held in the northern city of Shijiazhuang, where the company at the heart of the scandal — Sanlu Group Co. — is headquartered, along with three other cities in surrounding Hebei province, according to CCTV and the Xinhua News Agency. (AP)

PARIS

Fashion Designer Lapidus Dies at Age 79 in Cannes

Ted Lapidus, the fashion designer who redefined chic with the 1960s unisex look, died Monday in Cannes, France. He was 79. French President Nicolas Sarkozy, in an homage to the designer, said Lapidus "democratized French elegance and classicism" and "made fashion accessible to men and women in the street." (AP)

Israeli Strikes Spur Global Protests

Demonstrators across Mideast and Europe condemn Gaza raids

MAHMOUD TAWIL/AP

A Palestinian flag flutters as people protest against Israel's airstrikes on Gaza in the suburb of Dahiyeh, Lebanon, on Monday.

BEIRUT, LEBANON | From Mideast countries to European capitals, protesters took to the streets Monday to condemn Israel's assault on Gaza.

By far the largest protest in the Arab world — where outrage over Israel's airstrikes continued into a third day — took place in Lebanon, with tens of thousands of Lebanese Hezbollah supporters standing under pouring rain.

The protesters thronged a huge square and nearby streets in the militant group's stronghold south of Beirut, carrying Palestinian, Lebanese and yellow Hezbollah flags and banners supporting the Palestinian people.

There were also rallies Monday in Egypt, Sudan and Iraq.

The street protests have been far stronger in condemnation of Israel than Arab governments, particularly those allied with the United States. Egypt has criticized the attack and called for a truce, but it and other U.S. allies like Saudi Arabia and Jordan are also weary of Hamas.

In Egypt, which has been criticized for joining Israel in closing its borders with Gaza, thousands of people rallied in Cairo, calling for the intervention of Arab armies to protect the Palestinians.

In the Sudanese capital, Khartoum, thousands rallied for a second day over the Gaza attack.

In Iraq, about 1,000 backers of anti-American Shiite cleric Muqtada al-Sadr staged a protest in eastern Baghdad. "No, no to Israel," they shouted as they burned Israeli and American flags.

European protests took place in Athens, Berlin and London on Monday. In Athens, about 300 Arab and Greek protesters threw rocks at the Israeli embassy and scuffled with riot police. Police fired stun grenades and volleys of tear gas to repel the protesters. ZEINA KARAM (AP)

Cubans Pursue Spanish Citizenship

More than 400 line up to apply in Havana as new law takes effect

JAVIER GALEANO/AP

Cubans line up outside the Spanish embassy in Havana on Monday. Cubans of Spanish descent could become Spaniards under the "law of grandchildren."

HAVANA | More than 400 Cubans of Spanish ancestry mobbed Spain's stately embassy in Havana on Monday, waiting to apply for citizenship under the newly enacted "law of grandchildren."

Spain has begun accepting citizenship applications from the descendants of people who went into exile after its brutal 1936-39 Civil War, part of a 2007 law meant to address the painful legacy of the conflict and the ensuing right-wing dictatorship of Gen. Francisco Franco.

But a new provision approved Friday also allows anyone whose parents or grandparents were born in Spain but went overseas because of their political beliefs or economic hardship to become Spaniards.

Those accepted do not have to renounce their current citizenship.

Spanish authorities have asked applicants to use the Internet to arrange a consular appointment, but hundreds of would-be Spanish citizens lined up at Spain's embassy in Havana because access to the Internet is tightly controlled for regular Cubans.

Miguel Carpio, a 52-year-old office worker waiting in line, said his sister in Miami would apply for Spanish citizenship.

"Maybe we can all see each other there in Spain some day," he said.

Even those who receive Spanish citizenship must wait for permission from the Cuban government to travel abroad, a process that is often slow and arduous.

Carpio says he has no plans to emigrate — at least for now.

"I'm just thinking of visiting," he said. "But having the option is very valuable." WILL WEISSERT (AP)

FAMILY MATTERS

- Officials in Madrid have estimated that up to half a million people worldwide could be eligible to become Spanish citizens under the "law of grandchildren."
- About 300,000 people in Argentina alone may qualify.
- Most potential Spanish citizens in countries outside of Cuba were going online to set up a consular appointment. (AP)

The Washington Post washingtonpost.com

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EASY COME, EASY GO: A Japanese man who had been living in Terminal 1 of Mexico City's Benito Juarez International Airport since Sept. 2 — for no apparent reason — left under equally mysterious circumstances. Airport authorities searched for Hiroshi Nohara on Monday but he was nowhere to be found, an official said.

Embattled Somali President Quits

Yusuf ends 4-year term as Islamic insurgency grows, piracy thrives

MOGADISHU, SOMALIA | Somalia's president resigned Monday after a four-year term in which his Western-backed government failed to extend its power throughout a country crippled by infighting and a strengthening Islamic insurgency.

Abdullahi Yusuf's resignation, which comes amid deepening international pressure, could usher in more chaos as Islamic militants scramble for power — even though the government controls only pockets of the capital, Mogadishu, and the seat of parliament in Baidoa.

Within hours of the announcement, mortar shells slammed into the streets near the presidential palace in Mogadishu.

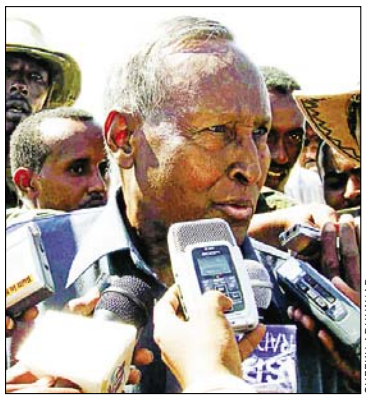
Somalia has been beset by two decades of anarchy, violence and an insurgency that has killed thousands of civilians.

"Most of the country is not in our hands," Yusuf said in a speech to parliament in Baidoa, referring to Islamic insurgents.

Since Yusuf took power in 2004, Somalia's public institutions have crumbled. The lawlessness also has allowed piracy to flourish off the coast in the Gulf of Aden, one of the world's busiest shipping lanes.

In his address Monday, Yusuf said he could not unite Somalia's bickering leadership and that the country was "paralyzed."

"After seeing all these things, I have finally quit," Yusuf said. (AP)



SHEEKH ADUUN/AP

Former Somali President Abdullahi Yusuf speaks with reporters Monday.

CHRISTOPHE ARCHAMBAULT/AFP/GETTY IMAGES

Supporters of former Thai Prime Minister Thaksin Shinawatra demonstrate.

Thai Protesters Stage Rally vs. New Government

BANGKOK, THAILAND | Thailand's new prime minister was forced to postpone his first policy speech Monday after thousands of demonstrators loyal to exiled former Prime Minister Thaksin Shinawatra ringed Parliament demanding immediate elections.

The demonstrators vowed to stay until their demands are met and dared lawmakers to pass through their ranks to deliver a mandated speech outlining the new government's key policies.

"If [lawmakers] want to go in, they have to walk through us, including the prime minister," one of the protest leaders, Chatuporn Prompan, told reporters outside the Parliament compound where demonstrators spent the night. (AP)

Witnesses: Scores Die In Congo

Ugandan army, rebels accuse each other of massacre at church

KAMPALA, UGANDA | Attackers hacked to death scores of people who sought refuge at a Catholic church in remote eastern Congo the day after Christmas, officials and witnesses said Monday, and the Ugandan army and a rebel group accused each other of carrying out the massacre.

Survivors and witnesses said the killings occurred close to Congo's border with Sudan, where the armies of those countries and Uganda began an offensive this month to root out the rebel Lord's Resistance Army, according to Ugandan army spokesman Capt. Chris Magezi.

A U.N. spokesman, Ivo Brandau, said 120 homes were set ablaze in the area and that thousands fled.

"The scene at the church was unbelievable. It was horrendous. On the floor were dead bodies of mostly women and children, cut in pieces," Magezi said.

Death toll estimates varied. A European aid worker said more than 100 people were killed in the attack. The Congolese military put the toll at 120 to 150. Magezi said 45 civilians were killed. GODFREY OLUKYA (AP)

SAURABH DAS/AP

Women line up to cast ballots in Dhaka, Bangladesh, on Monday. The election was the country's most peaceful in decades.

Bangladesh Holds National Election

1st national vote held in 7 years is aimed at restoring democracy

DHAKA, BANGLADESH | Tens of millions of Bangladeshis cast ballots Monday in the first national election in seven years, a vote aimed at restoring democracy to the troubled South Asian nation after two years of emergency rule.

Security was tight and voting was the most peaceful in decades — a stark contrast to the failed elections of 2007, which dissolved in riots and led a military-backed interim government to take over.

70

The percentage of the 81 million eligible voters who cast ballots in Tuesday's election, an election official said.

But with no new faces in the contest, many feared the vote would be a return to the corruption and paralyzing protests of previous attempts at democracy.

Both of the leading candidates — former prime ministers Khaleda Zia and Sheikh Hasina — have traded power for 15 years in successive governments.

Both leading parties campaigned on similar platforms of reducing corruption and controlling inflation. Hasina's party is seen as relatively secular and liberal, while Zia has allies among Islamic fundamentalists. Partial, unofficial results reported early Tuesday gave Hasina's party an edge. FARID HOSSAIN (AP)

SWITZERLAND

URS FLUEELER/KEYSTONE/AP

BIG BIRD HERD: South African ostriches run on a farm in central Switzerland on Monday.

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Money

LISA POOLE/AP FILE

Fallout from the dismal holiday sales season promises to have a lasting effect on how the retail industry operates. Analysts expect thousands of stores will close.

For Stores, 2009 Is Time to Survive

Thousands of stores may be forced to close if slow sales continue

NEW YORK | The fallout from the horrific holiday season for retailers has begun, with the operator of an online toy seller filing for bankruptcy protection, and more stores are expected to do the same — meaning more empty storefronts and fewer brands on store shelves.

A rash of store closings is likely to cut across areas from electronics to apparel, shrinking the industry and leading to fewer niche players and suppliers.

The most dramatic pullback in consumer spending in decades could transform the retail landscape, as thousands of stores and whole malls close down. And analysts expect prolonged woes in the industry as the dramatic changes in shopping behavior could linger.

"You are going to see a substantial retrenchment in the retail industry," said Rick Chesley, partner in the global bankruptcy and restructuring group at international law firm Paul Hastings. "The downturn has been catastrophic."

A number of stores couldn't even make it to Christmas. Circuit City Stores filed for bankruptcy protection last month. It plans to keep operating, but toy seller KB Toys, which filed for bankruptcy earlier this month, is liquidating its stores.

27
The percentage decline in sales of electronics and appliances this holiday season, according to SpendingPulse.

The survival prospects for many more stores are dimming as more sales data comes in about the crucial holiday shopping season.

Holiday sales fell from 2 percent to 4 percent compared to a year ago, according to SpendingPulse, a division of MasterCard Advisors. Excluding gas and car sales, they dropped between 5.5 percent and 8 percent from Nov. 1 through Dec. 24.

About 160,000 stores will have closed this year and 200,000 more could shutter next year, said Burt P. Flickinger III, managing director of consulting firm Strategic Resource Group. That would be the industry's biggest contraction in 35 years.

ANNE D'INNOCENZIO (AP)

NO EXCUSE: SoberRide, a group sponsored by the Washington Regional Alcohol Program, will offer free taxi rides in the Washington area on Jan. 1 and Jan. 2 in the hopes of preventing alcohol-related traffic accidents. Those aged 21 and older can call 800-200-TAXI for the service.

Local

Va. Lottery Sales Lag For Jan. 1

RICHMOND, VA. | Virginia Lottery officials are counting on a late surge in sales to push their second New Year's Millionaire Raffle past the break-even point, but another sellout appears out of reach.

As of Monday morning, about 190,000 of the 440,000 tickets had been sold, Virginia Lottery executive director Paula Otto said in a telephone interview. The agency needs to sell about 300,000 tickets to avoid taking a loss, and Otto believes it can be done.

3

The number, in hundreds of thousands, of New Year's Millionaire raffle lottery tickets that Virginia needs to sell to break even.

Last year the New Year's raffle sold out about eight hours before the drawing, with about 99,000 tickets sold over the final three days. Lottery officials are projecting sales of about 108,000 tickets over the final three days this year, which would just about push sales to the break-even mark.

In addition to alerting the news media about the pace of ticket sales, lottery officials have extended the deadline for buying tickets from 5 p.m. Wednesday until 11 p.m.

"Most folks are procrastinators, and [are probably] out and about buying snacks for their New Year's party," Otto said. LARRY O'DELL (AP)

Report: Pollution Killing Blue Crabs

Study shows decline in Chesapeake Bay also caused by overfishing

ANNAPOLIS, MD. | Pollution and overfishing have caused devastating declines in Chesapeake Bay blue crabs, and the federal government has been undercutting state efforts to restore the bay by failing to enforce environmental laws, a conservation group said Monday.

The Environmental Protection Agency should impose a regulatory cap on the amount of pollution that can enter the nation's largest estuary and enforce the Federal Clean Water Act, the report by the Chesapeake Bay Foundation concluded. Maryland, Virginia and Pennsylvania must also do more to control pollution from agricultural runoff, the report said.

"I think the most important thing right now is for the federal Environmental Protection Agency to do its job," said William Baker, president of the Chesapeake Bay Foundation. "That will help the states reinforce the efforts of the states."

The report, titled "Bad Water and the Decline of Blue Crabs in the Chesapeake Bay," cites pollution and overfishing — particularly of female blue crabs — as the two causes of the problem. While as many as 791 million blue crabs were estimated to live in the bay in 1990, their numbers plunged to about 260 million at the end of 2007. BRIAN WITTE (AP)

KEY FINDINGS

- Low-oxygen "dead zones" have killed crab food, preventing the growth of 75,000 metric tons of clams and worms a year — enough to support more than 60 million blue crabs a year.
- Watermen have overfished the bay by catching an average of 62 percent of the bay's blue crabs each year over the last decade — far above the 46 percent scientists say are sustainable.

WASHINGTON | VENDORS RALLY AGAINST JAN. 20 RULES

JACQUELYN MARTIN/AP

HALF-SMOKE HANG-UP: Street vendors rallied Monday to protest D.C.'s regulations for Inauguration Day, complaining about excessive fees and a lottery that will award only a limited number of vending spaces amid the massive throng expected for the ceremony. There will be 716 sites near the inaugural parade route and another 1,000 around the city.

The Lotteries

Monday, Dec. 29

DISTRICT	
Mid-day Lucky Numbers	6-8-5
Evening Lucky Numbers (Sun.)	3-3-8
Mid-day DC 4	3-5-6-7
Evening DC 4 (Sun.)	5-0-7-5
Rolling Cash Five (Sun.)	15-16-17-28-30
Daily 6 (Sun.)	1-16-18-22-24-25 Bonus: 29

MARYLAND	
Mid-day Pick 3	7-0-6
Mid-day Pick 4	7-4-0-0

VIRGINIA	
Mid-day Pick 3	3-1-3
Evening Pick 3 (Sun.)	6-4-2
Mid-day Pick 4	5-7-9-7
Evening Pick 4 (Sun.)	7-7-4-2
Mid-day Cash 5	5-16-24-25-28
Evening Cash 5 (Sun.)	11-21-22-26-32

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

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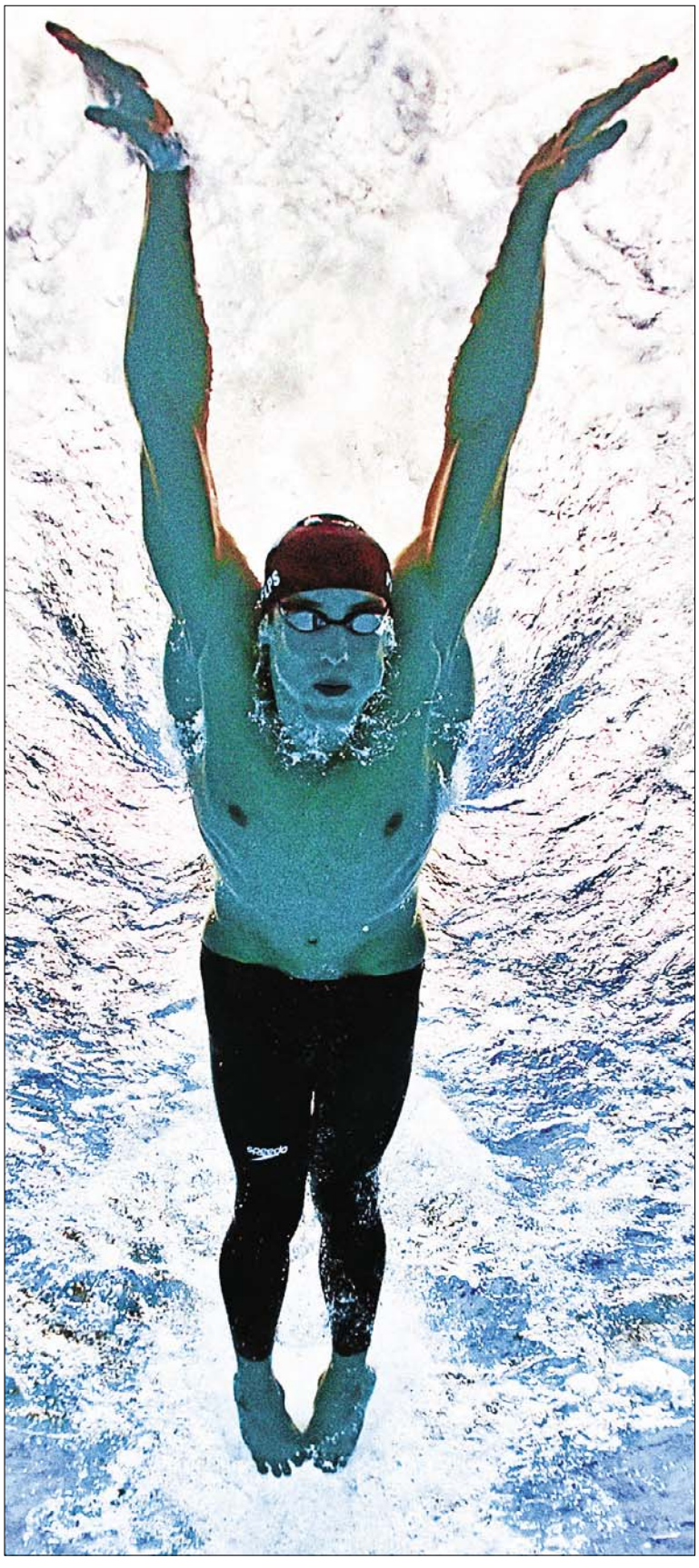
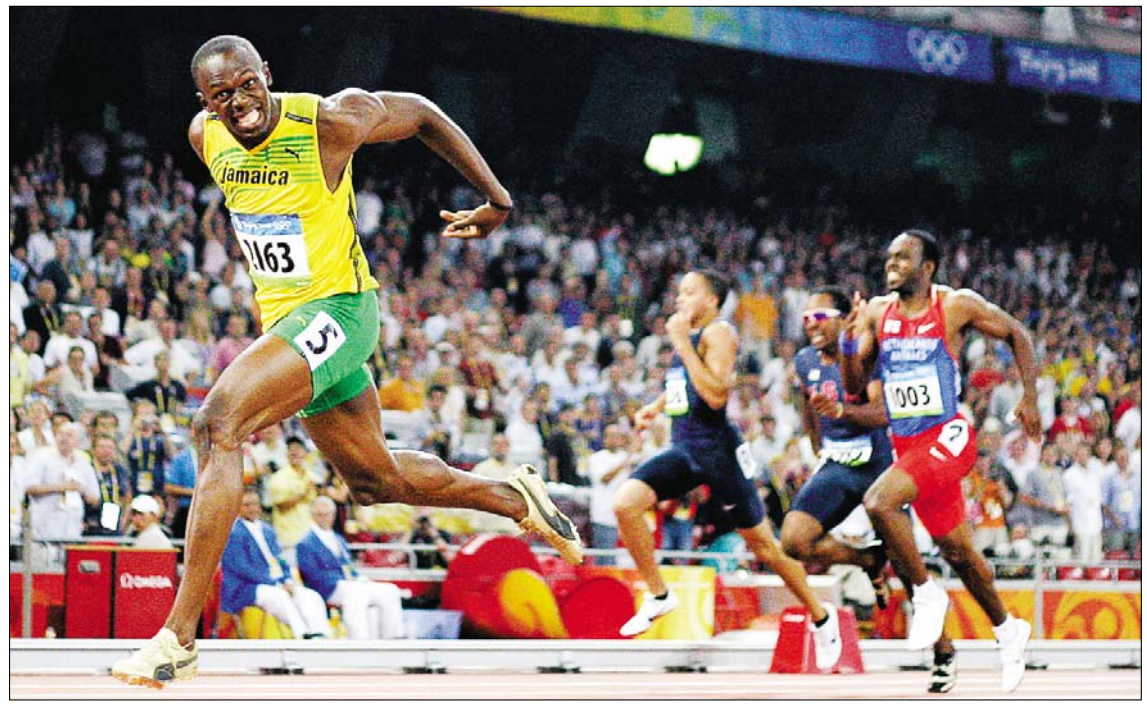
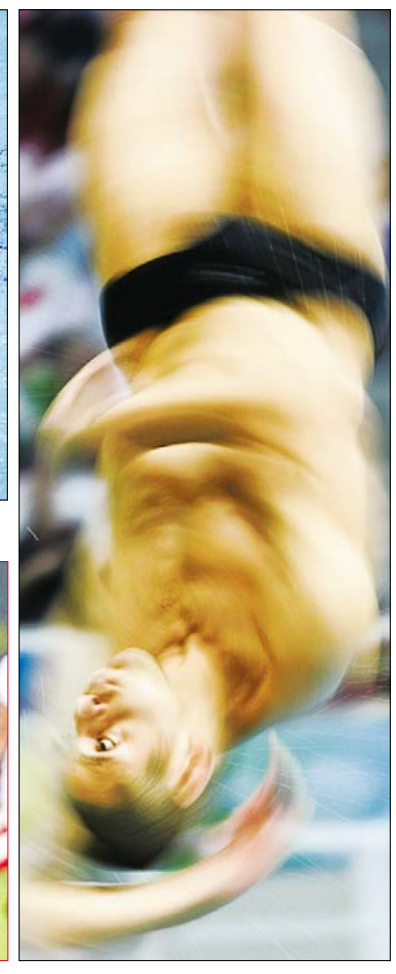






EIGHTH WONDER

Michael Phelps competes in the 200-meter butterfly at the Beijing Olympics. Phelps broke Mark Spitz's Olympic record by winning eight gold medals in China.
Photo by Francois Xavier Marit/AFP/Getty

LIGHTNING FAST

Jamaica's Usain Bolt easily wins the gold in the 200-meter sprint in Beijing. Bolt set world records in the 100m, 200m and 4x100m relay.
Photo by David Phillip/AP

STARFISH

The U.S. women's synchronized swimming team competes in a technical routine in Beijing. The U.S. finished fifth in the event.
Photo by Martin Bureau/AFP/Getty

NO SILVER LINING

Brazil's Ester weeps after losing to the United States in the women's soccer gold-medal match in Beijing. The U.S. won, 1-0, in overtime to avenge a loss in the 2007 Women's World Cup.
Photo by Petr David Josek/AP

OUT FOR A SPIN

Colombia's Juan Guillermo Uran competes in the men's 3-meter springboard diving final in Beijing. Uran placed ninth in the event.
Photo by Andrew Medichini/AP

afterimage: sports

PERFECT CATCH

The Giants' David Tyree makes a spectacular catch to set up New York's win over New England in the Super Bowl. The loss spoiled the Patriots' shot at a 19-0 record.
Photo by Andy Lyons/Getty Images

LIFE ON A STRING

Red Sox pitcher Hideki Okajima signs items dangled by fans before MLB's opening series between Boston and Oakland at the Tokyo Dome.
Photo by Koichi Kamoshida/Getty

FULL FRONTAL

Samuel Peter is punched by Vitali Klitschko during their WBC heavyweight title fight on Oct. 11 in Berlin. Klitschko dominated the bout.
Photo by Herbert Knosowski/AP

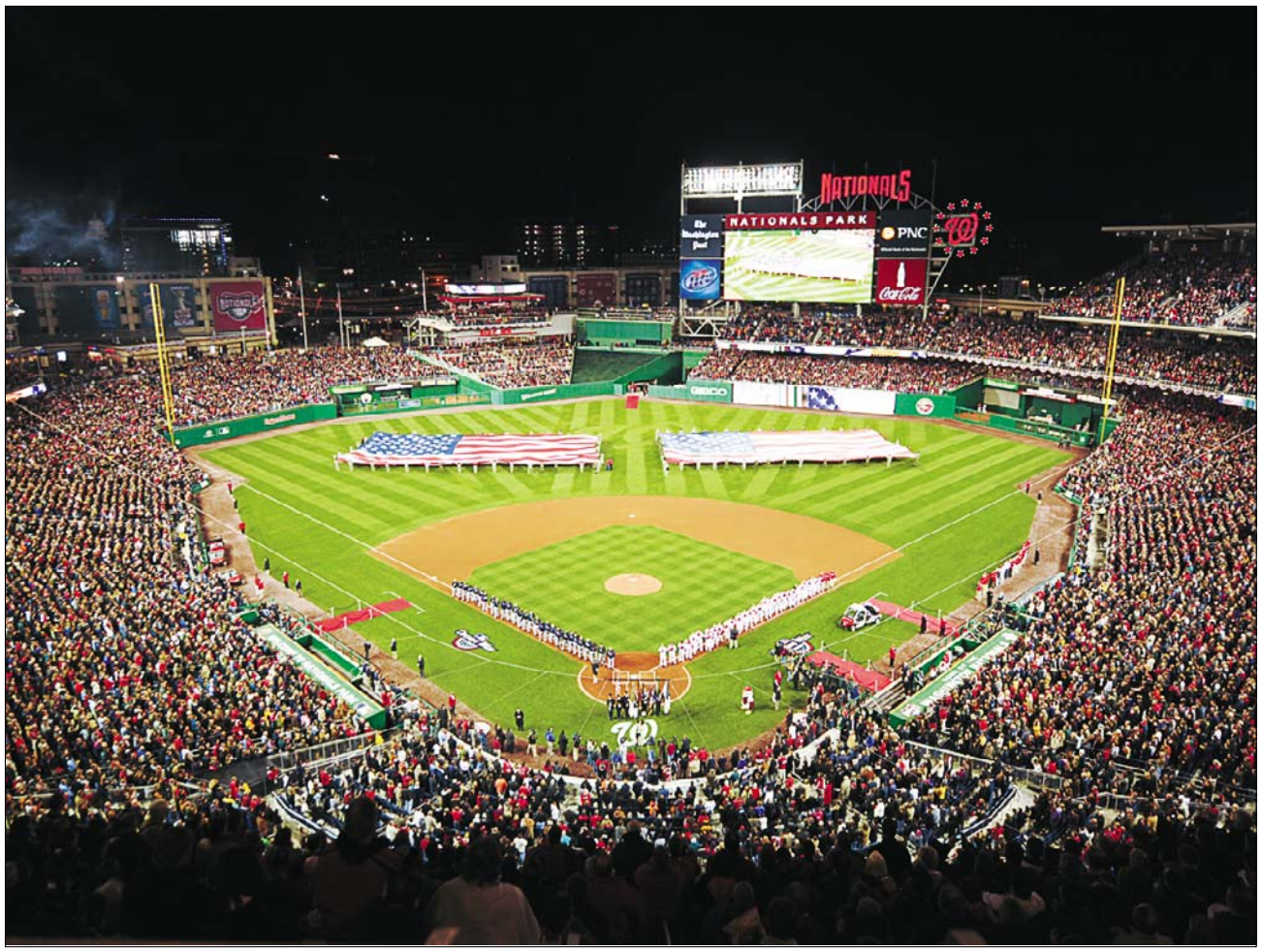
CRASH COURSE

Japan's Ryuichi Kiyonari of the Hannspree Ten Kate Honda Team crashes on the first lap during the first race of the Superbike World Championship on Phillip Island, Australia.
Photo by Quinn Rooney/Getty Images

BOSTON'S BEST

Celtics stars Kevin Garnett, Ray Allen and Paul Pierce celebrate after beating the Lakers to win Boston's 17th NBA championship and first in 22 years.
Photo by Winslow Townson/AP

afterimage: sports



OPENING PITCH

A sell-out crowd stands for the national anthem before the first game at Nationals Park on March 30. Crowds shrank as losses mounted during a 59-102 season.
Photo by Jonathan Newton/TWP

RUNNING WILD

Redskins RB Clinton Portis runs against the Dallas Cowboys. Portis gained 1,487 yards this year but feuded with rookie head coach Jim Zorn.
Photo by Preston Keres/TWP

ON POINT

Alex Ovechkin, left, celebrates after scoring against the Flyers in a playoff game April 11. Ovechkin led the NHL in scoring and won the MVP.
Photo by Greg Fiume/Getty Images

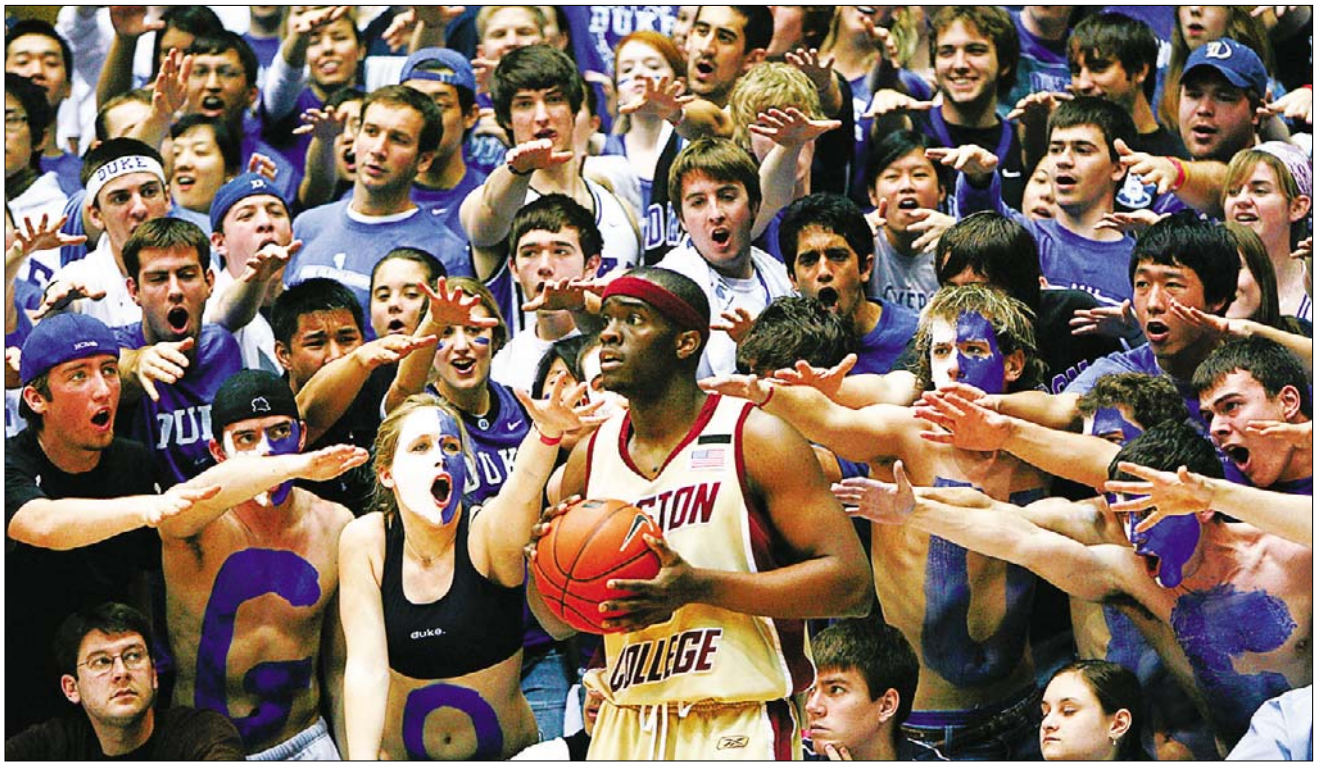
A WORLD OF PAIN

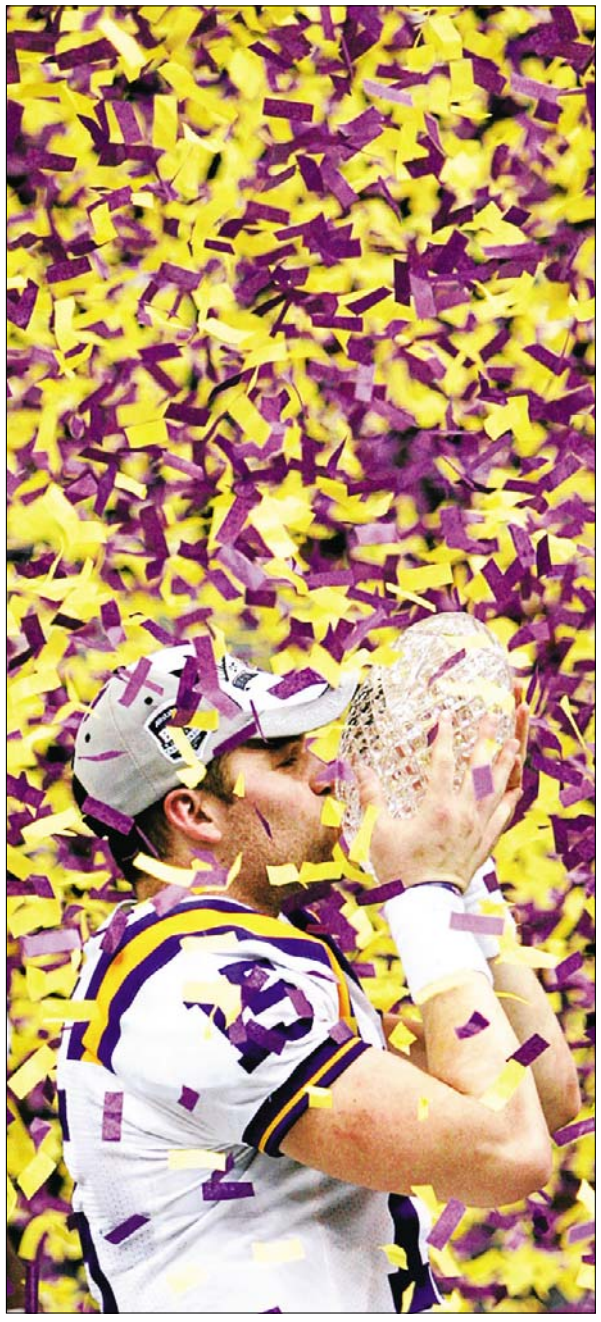
LeBron James elbows the Wizards' Andray Blatche. The Wizards, who were eliminated from the playoffs by the Cavaliers in April, fired coach Eddie Jordan after a 1-10 start in the new season.
Photo by Preston Keres/TWP

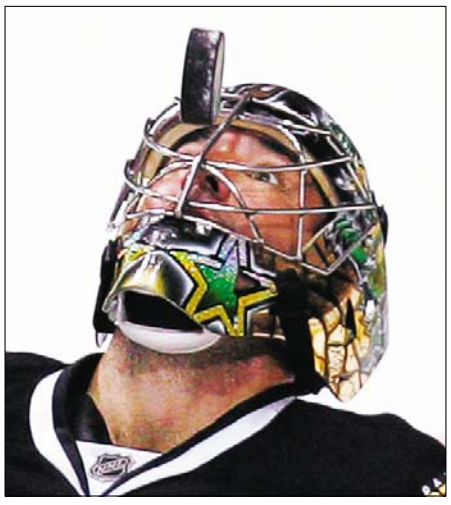
GIANT LETDOWN

Georgetown senior Patrick Ewing Jr. sulks after the Hoyas' loss to upstart Davidson in the second round of the NCAA tournament March 23.
Photo by John McDonnell/TWP

afterimage: sports







ENEMY TERRITORY

The Cameron Crazies heckle Boston College's Biko Paris during the first half of a Feb. 9 game at Duke. The Blue Devils beat the Eagles, 90-80, to avoid a major upset.
Photo by Kevin C. Cox/Getty Images

PUCK HEAD

Dallas Stars goalie Marty Turco watches the puck after deflecting a shot during a game on April 6 against the San Jose Sharks.
Photo by Tim Sharp/AP

HORSE POWER

A woman on a horse runs alongside cyclists on July 9 during the fifth stage of the Tour de France. Spain's Carlos Sastre won the Tour.
Photo by Jasper Juinen/Getty

OUT COLD

Gustavo Mejia lies on the mat after Demetrio Soto knocked him out 58 seconds into the first round of their super lightweight boxing bout on June 7 at Boardwalk Hall in Atlantic City, N.J.
Photo by David Gard/AP

TIGERS' TOWN

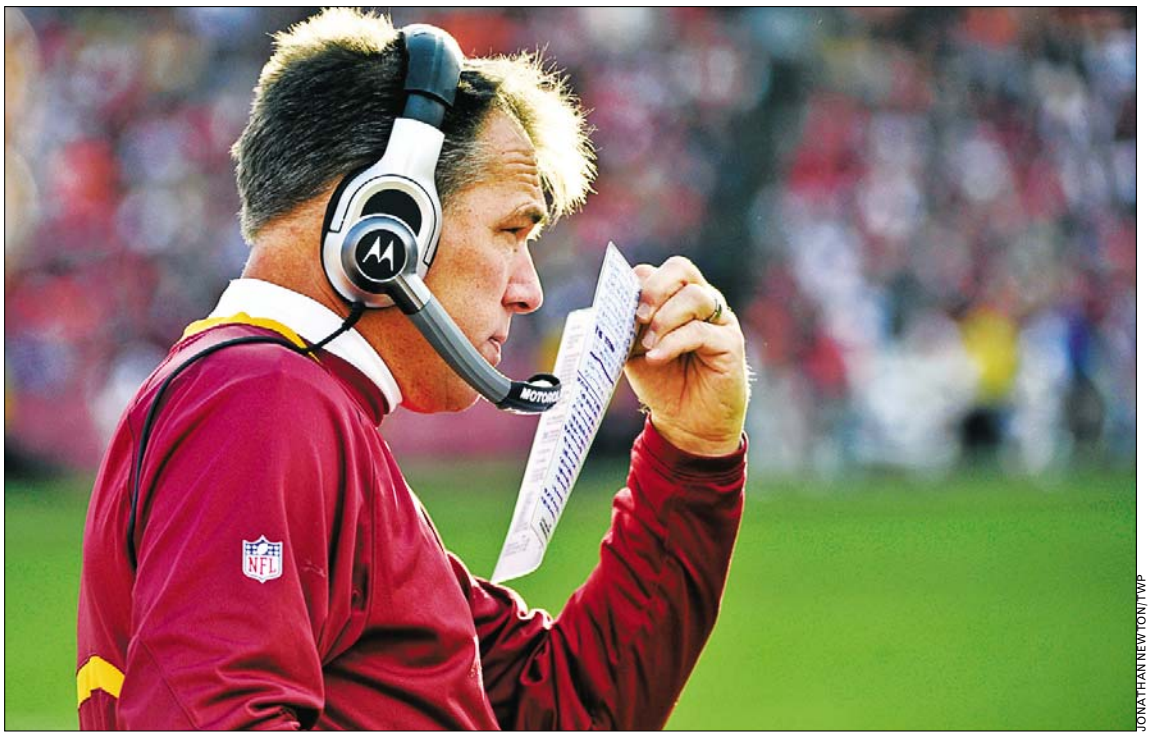
LSU quarterback Matt Flynn kisses the championship trophy after the Tigers defeated Ohio State, 38-24, in the BCS title game in New Orleans on Jan. 7.
Photo by Rob Carr/AP

Sports

ON THE MOVE: The Pro Bowl will be played one week before the Super Bowl in 2010 and both games will be staged in Dolphin Stadium, a person directly involved in the decision told The Associated Press on Monday. The Pro Bowl has been held in Honolulu since 1980.

Redskins' Offseason May Be Busy

Coaches will likely stay, but roster could see a major overhaul



JONATHAN NEWTON/TWP

Redskins coach Jim Zorn said he will still call the plays and coach the quarterbacks, along with his head-coaching duties.

REDSKINS | Jim Zorn decided to dress up a bit for the final team meeting of the season, sporting a burgundy and gold tie with diagonal stripes.

"When I addressed our players, I wanted to address them in such a way that had some purpose to it," the Washington Redskins coach said.

In his speech, Zorn quoted John Wooden ("Don't mistake activity for achievement"), passed out a sheet of paper detailing offseason "pursuits," asked his players to do unmanly things like keep lists and calendars, and told the married ones to tread carefully as they return to the normal routine of family life.

The players might not have been sure how to react, but by now they've learned to expect the unexpected from the emotional rookie coach whose bright-eyed optimism rarely wavered during an 8-8 season

Zorn reiterated his feeling that he has the Redskins headed in the right direction, even as he realizes he might sound a bit out of touch with reality, considering the team started 6-2 and finished 2-6.

Zorn called his West Coast offensive scheme "sound" and said Jason Campbell would remain the starting quarterback. He said he would like to retain all of his assistant coaches and left no doubt that he plans to continue coaching the quarterbacks and calling the plays.

He knows he ruffled a few feathers by the way he publicly critiqued his players, but he's not about to stop. "Hopefully it builds strength and it doesn't build bitterness," he said.

The next bit of truth some players will hear is that they are no longer wanted or needed in Washington. Last year, the Redskins overhauled the coaching staff but left the roster largely intact. That's not expected to be the case this offseason, with age and salary cap issues catching up at many positions — particularly along both lines. "I'm pretty sure this offseason there will be some dramatic changes," Campbell said. JOSEPH WHITE (AP)

Ax Comes Quickly for 3 Coaches

Jets' Mangini among those cut loose after missing the playoffs

NFL | Lofty expectations did in Eric Mangini and Romeo Crennel, as their teams' seasons crumbled from high hopes to demoralizing finishes.

Little was expected of the Detroit Lions, though nor was the worst season in NFL history. That cost Rod Marinelli his job, too. "You can't go 0-16 and expect to keep your job," Marinelli said.

Mangini

Now two interim coaches who breathed some life into downtrodden clubs — the Rams' Jim Haslett and the Raiders' Tom Cable — await word on their fates.

Three clubs fired coaches Monday, less than 24 hours after the regular season ended. Out were Marinelli, the New York Jets' Mangini and the Cleveland Browns' Crennel.

Only Mangini's firing came as a bit of a surprise. The Jets harbored Super Bowl aspirations after an 8-3 start that followed an offseason spending spree, including the trade for Brett Favre. But they didn't even make the playoffs, losing four of their last five games. (AP)

Seniors Aim to Leave on High Note

U-Md.'s inconsistent class suits up one final time for bowl in Boise

JOHN MCDONNELL/TWP

Maryland senior center Edwin Williams recovers a fumble against Wake Forest.

TERPS FOOTBALL | Edwin Williams had his big paw wrapped around the bag full of goodies that Maryland's players received for reaching a bowl game — a camcorder, an iPod, noise-canceling headphones.

"I'll probably take it back and get store credit," he quipped.

Williams, the team's all-ACC center, has been in College Park for five seasons and gone to three bowl games. He's been there and done that. But in the days leading up to Tuesday's Roady's Humanitarian Bowl against Nevada, it was beginning to sink in to him that he won't have the chance to do it again — to strap on the pads and hit for 60 minutes. Not as a Maryland Terrapin and not with the teammates he's spent so many hours with.

"You want to give them a good lasting impression of what kind of player you were and what kind of person you were, what kind of character you had," Williams said. "It's going to be a little bit emotional when that clock hits zero, no doubt."

Williams, as affable off the field as he is physical on it, has become the unofficial spokesman for the Terrapins' senior class. The 30 seniors on the current roster represent the largest class in coach Ralph Friedgen's eight-year tenure.

This class has been frustratingly inconsistent, and Friedgen has often lamented that he never quite learned how to motivate the bunch. In the last four seasons, the Terrapins have a 27-24 record, though they've been to three consecutive bowl.

Williams, at 6-foot-3 and 315 pounds, may play football beyond college. But for now he's preoccupied with the prospect of playing on Boise's famous blue turf, though it may be white for the game.

"Somebody showed me the forecast in Boise," he said. "It was like, 'Snow, snow, snow, chance of snow, snow, snow.'" DEREK TURNER

AN EARLY EXIT?

The Terrapins will bid farewell to their 30 seniors Tuesday, and perhaps to one talented junior:

→ Receiver Darrius Heyward-Bey isn't talking about whether he'll enter the NFL Draft. Scouts are intrigued by his speed and potential, but his 51 receiving yards per game rank only eighth among ACC receivers. D.T.

TODAY'S TV LINEUP

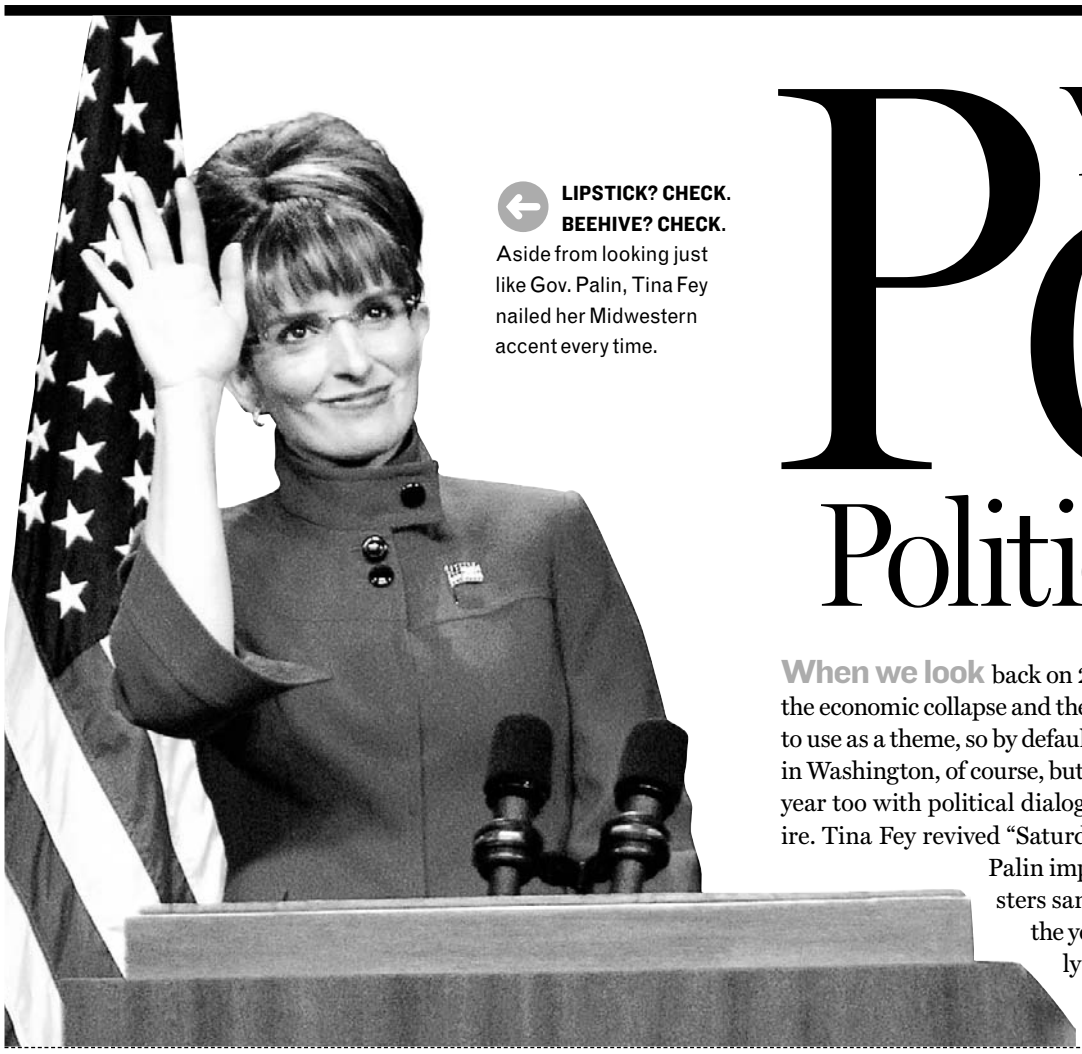
COLLEGE FOOTBALL (4:30 P.M. ON ESPN) Maryland looks for an eight-win season for the fifth time in eight years when facing Nevada in the Humanitarian Bowl in Boise.

CAPITALS (7 P.M. ON CSN) Up to 2nd place in the Eastern Conference, the Washington Capitals visit the Buffalo Sabres.

WIZARDS (8 P.M. ON CW50) The Wizards stay on the road for a game against Chris Paul and the New Orleans Hornets.

MASON MEN'S HOOPS (7 P.M. ON MASN) George Mason tries to bounce back from its last loss against Dayton.

Entertainment



LIPSTICK? CHECK. BEEHIVE? CHECK. Aside from looking just like Gov. Palin, Tina Fey nailed her Midwestern accent every time.

Year of Pop Politics

When we look back on 2008, we're likely to think of two things: the economic collapse and the election. The first is just too depressing to use as a theme, so by default, let's talk politics. Politics is a mainstay in Washington, of course, but the rest of the country got on board this year too with political dialogue, activism and, most important, satire. Tina Fey revived "Saturday Night Live" with her spot-on Sarah Palin impression, while will.i.am and other popsters sang for Obama. Here, then, is a review of the year in entertainment through the unlikely lens of politics. Isn't that maverick-y? You betcha. KARMAH ELMUSA (EXPRESS)

television

The Running Mate: This year's best of TV goes to Tina Fey and all of "SNL" for giving us a laugh at Sarah Palin's expense. Honorary mention goes to Amy Poehler's Hillary Clinton.

The Underdogs: The cast of "It's Always Sunny in Philadelphia" remain an unlikely bunch of misfits with no social skills. Now that is comedy.

The FDA: "Breaking Bad" starred Bryan Cranston cooking meth in a trailer to save his family. This is "Malcolm in the Middle" on meth.

The Pundits: "The Daily Show With Jon Stewart" and "The Colbert Report" had more than enough kindling for their hot political satire.

The Founding Father: HBO aired "John Adams," which revisited a time when politicians were, first and foremost, qualified.

The Incumbent: It just keeps getting better. Or, at least, "The Office" stays just as good. As long as the Schrutes grow beets, we'll be fans.

The Department of Defense: We said goodbye to "The Shield," FX's gritty, captivating series about the LAPD's Strike Team.

The Under Secretaries: "Mad Men" garnered more attention than ever in all its smoky, sexist glory.

The Moderator: Gabriel Byrne worked hard on "In Treatment" to solve his patients' problems, despite having a few to sort through himself.

The Activists: Tina Fey rounds out the category she started, but this time its for "30 Rock," in which she and politically active co-star Alec Baldwin got big laughs.

PHIL BRAY

CREATED EQUAL: Sean Penn is Harvey Milk, and he's here to recruit you.

film

The Maverick: Sean Penn dazzled in "Milk," a biopic on the first openly gay man ever to be elected to public office in the U.S.

The Secretaries of State: Ben Stiller and Robert Downey Jr. made a farce of foreign relations in "Tropic Thunder."

The Bleeding Heart: Brad Pitt believed in a thing called love in "The Curious Case of Benjamin Button."

The Press Secretary: Michael Sheen had a few questions for Frank Langella's Richard Nixon when he portrayed David Frost in (you got it) "Frost/Nixon."

The Diplomat: In "The Visitor," Richard Jenkins befriended an immigrant couple in a hostile, post-9/11 New York City.

The Supreme Court: Not the one in D.C., the one upstairs. That's who Meryl Streep and Philip Seymour Hoffman's characters in "Doubt" will have to reckon with.

The Environmental Protection Agency: "Wall-E" featured the little robot who could (clean up the planet). Who says we need a whole organization?

The Secretary of the Treasury: Danny Boyle's "Slumdog Millionaire" follows a Mumbai tea-maker on his quest to win big money on a familiar game show.

Commander in Chief: Robert Downey Jr. makes the list again as the industrialist turned hero to be reckoned with in "Iron Man."

Vice President: Christian Bale may have been "The Dark Knight's" leading man, but it was Heath Ledger, as the Joker, who held all the power. Sounds familiar.

music

The Campaign Manager: No singer did more to help Obama than will.i.am with his ballad, "Yes We Can."

The Speech-Writer: Lil' Wayne has a way with words, as he proved with singles "A Milli" and "Lollipop."

The National Aeuronautics and Space Administration (NASA): Jordin Sparks and Chris Brown wondered how they're "s'posed to breathe with no air."

The Department of Immigration Services: M.I.A. wrote more than just a pop song — "Paper Planes" was an anthem for the illegal immigrant.

The First Lady: Beyonce continued her reign as Queen of the pop scene with hits like "Single Ladies."

The Secretary of Health and Human Services: Leona Lewis needed one. She had a wound that wouldn't heal in her mega-hit "Bleeding Love."

The Secretaries of Education: MGMT shared its views on the state of youth in "Kids" and "Time to Pretend."

The Comeback Kid: Our little diva Britney Spears returned with a new album and an arrhythmia-inducing anthem, "Womanizer."

The Ambassador: Of grief, that is. 2008 was a tough year for Kanye West, but he put his pain into a record: "808s & Heartbreak."

The Loose Cannon: We never knew what Katy Perry was going to do this year. Kissing girls, wearing wigs — she added spice to the music scene.

YES HE CAN: will.i.am is an integral part of a winning campaign.

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Entertainment

CLEARED FOR TAKEOFF: In an encouraging sign for the upcoming second season of HBO's offbeat comedy "Flight of the Conchords," the premiere episode has raked in some 250,000 streams in its first 10 days on FunnyOrDie.com.

Hollywood Is Happy

The entertainment industry weathers the economic storm

SUCCESS | Hollywood loves breaking box-office records, yet studio executives aren't griping that their 2008 lineup will fall a bit shy of the all-time high set a year earlier.

With the economy flailing, movie moguls are glad to have weathered 2008 with faithful audiences.

"Last year was the record of all time. Now, things are bad out there, and I think if we can have another record-breaking year or close to it, we'll all be happy," said Dan Fellman, head of distribution for Warner Bros., which released the year's biggest hit with "The Dark Knight" ($531 million). 2008 revenues are expected to come in just shy of 2007's record of $9.7 billion.

Hollywood historically survives recessions better than many businesses because movies remain relatively cheap compared with sporting events, live theater and other forms of entertainment. FRAZIER MOORE (AP)

STEPHEN VAUGHN/WARNER BROS.

"The Dark Knight," starring Heath Ledger, made $531 million this year.

6 CRITICS' CHOICE AWARD NOMINATIONS INCLUDING BEST PICTURE

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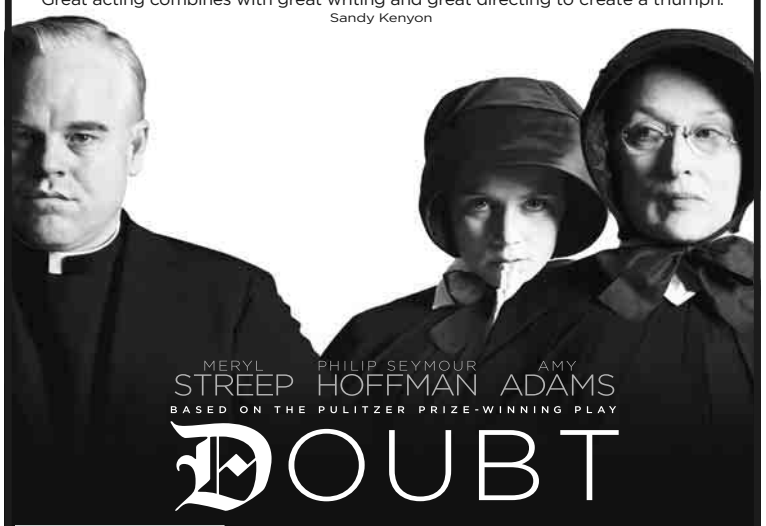

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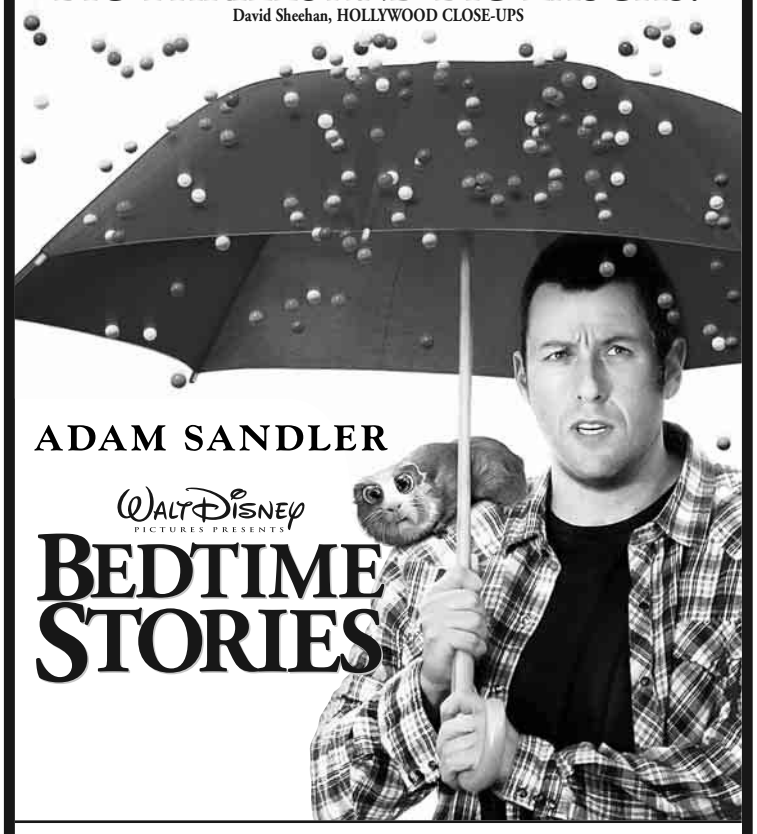

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Entertainment

Winterized Sound

Cold weather makes it easy for local talent to pen sad tunes

BLUES | Seasonal affective disorder doesn't just affect humans; it affects our iPods as well. Darker skies call for darker playlists, and accordingly our MP3 players get winterized with depressing songs for depressingly cold weather.

A D.C.-area listener doesn't have to look far for a good compilation of tearjerker tracks; many local bands have a repertoire of gloomy tunes to fill your iPod (and brain) with darkness. But where do these local acts get their depress-piration for those sad songs that say so much? Do they walk alone through Rock Creek Park? Drown themselves in bourbon at Bourbon? Or just pout about in search of general sadness?

Here is what a few D.C. rock musicians count on for pure somber stimulation:

"A weeknight early-closing-time ride home on the Metro is always good for a bittersweet lyrical brainstorm or two," says These United States' Jesse Elliot. "Pick any station, they all look the same."

No Second Troy's John Woolf visits the ultimate place that turns smiles into frowns: "After going to the mall in winter, I wrote a sad song about drunken mall Santas and consumerism."

DAVE VANN

Exit Clov's Emily Hsu, far right, recommends the Cathedral for sad songwriting.

FOR MORE on D.C. musicians and their wintry inspiration, visit **Expressnightout.com**

Emily Hsu of Exit Clov lists the National Cathedral and Hains Point as "great for intense, solitary experiences." But while writing the band's new single, 'District Menagerie," she just looked around her old apartment building hallway in Dupont Circle: "The hallway was always dark and quiet, with a certain lighting that made it feel permanently like dusk."

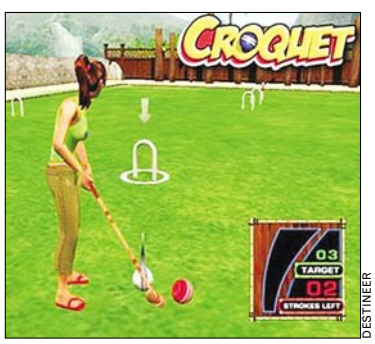
Jeremy Borrego of Caracara finds the vacant downtown scene particularly depressing. He wrote "D.C. Nocturne" after witnessing it daily. "I would get out of work downtown and the place would be so empty." Equally inspiring for penning sad tunes? "Adams Morgan on the weekend."

Middle Distance Runner singer Stephen Kilroy, who lists "The Sun and Earth" and "Switch It Up" as his band's top-notch tearjerker songs, prefers to tourist-watch: "I just pick a bench on the National Mall and stare at fanny packs until I'm good and depressed." ROBYN MINCHER

Don't Play (These) Games

VIDEO GAMES | With so little happening in the video-game industry this week, there's no better time to conduct an Airing of Grievances. So, in honor of "Seinfeld" patriarch and Festivus creator Frank Costanza, here are the worst games of 2008. No soup for them.

Summer Sports: Paradise Island (Destineer, for the Wii): How many minigame collections do Wii owners need? There are more to come, but I hope none is as slipshod as "Summer Sports."



DESTINEER

"Summer Sports" looks invigorating!

Wii Music (Nintendo, for the Wii): In the age of "Rock Band," using the Wiimote to mime playing "Twinkle, Twinkle, Little Star" or "Yankee Doodle" just doesn't cut it.

Hail to the Chimp (Gamecock, for the Xbox 360, PlayStation 3): The idea — animals battle for the presidency of the jungle — was perfect for an election year. But the game itself stunk.

CrossworDS (Nintendo, for the DS): I love the elegant interface that Nintendo came up with for this foray into wordplay. The puzzles were designed by amateurs.

Lost: Via Domus (Ubisoft, for Xbox 360, PlayStation 3): "Via Domus" feels like computer-animated Internet fan fiction.

LOU KESTEN (AP)

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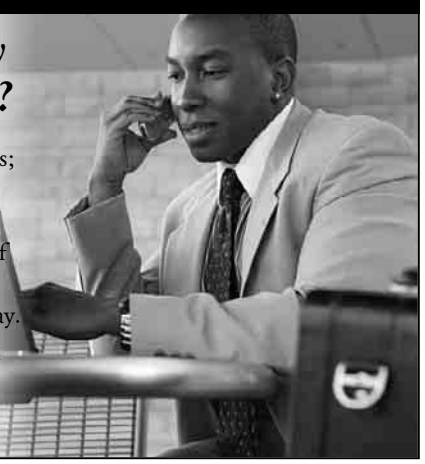

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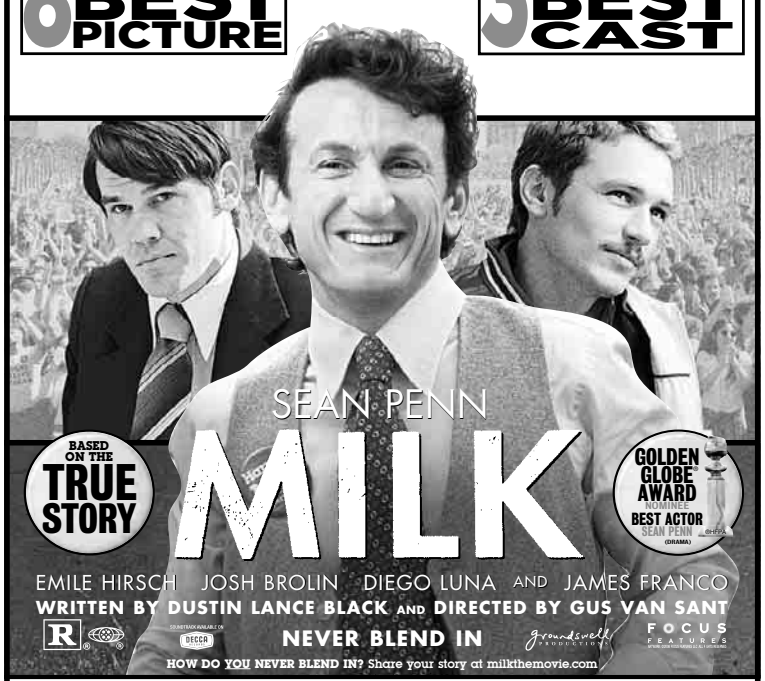
8 CRITICS' CHOICE AWARD NOMINATIONS INCLUDING BEST PICTURE

3 SCREEN ACTORS GUILD NOMINATIONS INCLUDING BEST CAST



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GRAN TORINO (R) - ID REQ'D (1000 1145 1245 230) 330 510 630 805 915 1045
FROST NIXON (R) - ID REQ'D (1100 200) 450 745 1035
THE DAY THE EARTH STOOD STILL (PG-13) (1235) 310 540 815 1050
FOUR CHRISTMASES (PG-13) 1015 PM
QUANTUM OF SOLACE (PG-13) (1050 AM)
OC: SEVEN POUNDS (PG-13) 340 PM 950 PM

BALLSTON COMMON STADIUM 12
671 N Glebe Rd — 800-FANDANGO 377#

MARLEY AND ME (PG) (1020 1240 120 330 410) 650 730 940 1020
BEDTIME STORIES (PG) ★ (1030 1120 1200 110 150 230 340 420 500) 630 710 750 950 1030
VALKYRIE (PG-13) (1050 140 440) 740 1040
THE SPIRIT (PG-13) (1040 130 430) 720 1010
DOUBT (PG-13) (1000 100 400) 700 1000
THE TALE OF DESPEREAUX (G) (1010 1210 1250 250 320 520) 745
SLUMDOG MILLIONAIRE (R) - ID REQ'D (1230 335) 640 945
AUSTRALIA (PG-13) 910 PM
FOUR CHRISTMASES (PG-13) (1150 AM 220 PM) 725 PM
QUANTUM OF SOLACE (PG-13) (450 PM) 1005 PM

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy — 800-FANDANGO 690#

BEDTIME STORIES (PG) ★ (1135 110 210 345 445) 620 720 855 955
MARLEY AND ME (PG) (1045 100 140 355 435) 645 730 940 1025
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) ★ (1100 1230 245 415) 630 800 1015
VALKYRIE (PG-13) (1025 125 425) 740 1040
THE SPIRIT (PG-13) (1125 220 505) 750 1035
SEVEN POUNDS (PG-13) (1050 1250 150 410 510) 710 810 1010
YES MAN (PG-13) (1110 145 420) 715 815 950
THE TALE OF DESPEREAUX (G) (1115 1215 155 255 430 525) 700 930
FROST NIXON (R) - ID REQ'D (1000 105 400) 705 1005
THE DAY THE EARTH STOOD STILL (PG-13) (1005 1240 325) 605 845
FOUR CHRISTMASES (PG-13) (1030 1255 405) 655
BOLT 3D -$2.50 CHARGE FOR 3D (PG) ★ (1035 AM)
QUANTUM OF SOLACE (PG-13) 920 PM
TWILIGHT (PG-13) (1000 AM)

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center — 703-822-4956

MARLEY AND ME (PG) (1035 125 325 430) 630 730 915 1015
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) ★ (1100 115 235 445) 615 820 950
BEDTIME STORIES (PG) ★ (1055 1240 145 310 415) 620 710 855 935
VALKYRIE (PG-13) (1110 210 510) 800 1045
THE SPIRIT (PG-13) (1145 225 455) 740 1020
DOUBT (PG-13) (1200 245 520) 805 1035
RW & DA: SEVEN POUNDS (PG-13) (1125 220 505) 750 1040
YES MAN (PG-13) (1105 140 405) 655 925
THE TALE OF DESPEREAUX (G) (1040 100 335) 610 845
FROST NIXON (R) - ID REQ'D (1050 135 420) 705 1000
THE DAY THE EARTH STOOD STILL (PG-13) (1130 200 440) 720 955
SLUMDOG MILLIONAIRE (R) - ID REQ'D (1045 150 435) 725 1010
FOUR CHRISTMASES (PG-13) (1030 AM 1255 PM)
TWILIGHT (PG-13) (1025 AM)
BOLT (PG) (1015 AM)
QUANTUM OF SOLACE (PG-13) (1020 1250 350) 645 940

COUNTRYSIDE STADIUM 20
45980 Regal Plaza — 800-FANDANGO 394#

MARLEY AND ME (PG) (1035 1210 130 310 430) 630 730 830 930 1020
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) ★ (1015 1200 200 330 540) 700 800 920 1030
BEDTIME STORIES (PG) ★ (1000 1130 1240 210 320 440 530) 620 710 810 900 950
VALKYRIE (PG-13) (1020 120 420) 720 1010
THE SPIRIT (PG-13) (1100 140 450) 745 1040
DOUBT (PG-13) (1230 340) 640 910
SEVEN POUNDS (PG-13) (1220 125 325 435) 625 725 915 1035
YES MAN (PG-13) (1110 145 415 510) 645 750 935 1025
THE TALE OF DESPEREAUX (G) (1005 1120 1235 150 300 410) 610
FROST NIXON (R) - ID REQ'D (1250 350) 650 940
THE DAY THE EARTH STOOD STILL (PG-13) (1205 240 505) 735 1005
SLUMDOG MILLIONAIRE (R) - ID REQ'D (1255 355) 705 1000
AUSTRALIA (PG-13) 840 PM
FOUR CHRISTMASES (PG-13) (1045 AM 105 PM 400 PM)
TWILIGHT (PG-13) (1105 AM 155 PM)
BOLT 3D -$2.50 CHARGE FOR 3D (PG) ★ (1140 AM 230 PM)
QUANTUM OF SOLACE (PG-13) (1050 AM)

FOX STADIUM 16
22875 Crawford Plz. Asburn, VA — 703-957-1035

RW & DA: BEDTIME STORIES (PG) ★ (1100 145 430) 710 945
MARLEY AND ME (PG) (1115 100 200 345 445) 630 730 915 1015
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) ★ (1045 1200 230 330) 600 700 930 1030
BEDTIME STORIES (PG) ★ (1015 1215 245 530) 620 800 850 1025
VALKYRIE (PG-13) (1030 130 415) 720 1010
THE SPIRIT (PG-13) (1130 215 500) 740 1010
DOUBT (PG-13) (1140 210 440) 715 950
RW & DA: SEVEN POUNDS (PG-13) (1050 150 450) 750 1035
SEVEN POUNDS (PG-13) (1000 1250) 650 940
THE TALE OF DESPEREAUX (G) (1020 1120 1240 140 310 410) 640 900
YES MAN (PG-13) (1230 300 520) 745 1020
THE DAY THE EARTH STOOD STILL (PG-13) (1040 110 340) 610 840
FOUR CHRISTMASES (PG-13) 615 PM 830 PM 1040 PM
TWILIGHT (PG-13) (1010 AM)
BOLT (PG) (120 PM 350 PM)
QUANTUM OF SOLACE (PG-13) (400 PM)

FAIRFAX TOWNE CENTER 10
4110 W Ox Road — 800-FANDANGO 670#

BEDTIME STORIES (PG) ★ (1100 1200 145 235 435 515) 700 745 930 1010
BEDTIME STORIES - DP (PG) ★ (100 335) 600 835
DOUBT (PG-13) (1110 200 445) 730 1020
THE TALE OF DESPEREAUX (G) (1115 1210 135 230 400 455) 715 935
THE DAY THE EARTH STOOD STILL (PG-13) (1125 210 450) 750 940 1030
FOUR CHRISTMASES (PG-13) (1145 245 500) 740 1000
TWILIGHT (PG-13) (105 405) 705 1005
QUANTUM OF SOLACE (PG-13) 720 PM 1015 PM
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1130 150 425) 710

MANASSAS STADIUM 14
11380 Bulloch Drive — 800-FANDANGO 490#

MARLEY AND ME (PG) (1030 145 345 430) 630 715 915 1000
THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) ★ (1100 1200 245 330) 615 700 945 1030
BEDTIME STORIES (PG) ★ (1045 215 415 500) 645 745 930 1015
VALKYRIE (PG-13) (1115 200 445) 730 1045
THE SPIRIT (PG-13) (1145 230 515) 800 1100
DOUBT (PG-13) (930 1215 300) 600 830
THE TALE OF DESPEREAUX (G) (1040 1140 140 240) 640
SEVEN POUNDS (PG-13) (1000 115 400) 720 1020
YES MAN (PG-13) (945 1230 315) 610 845
THE DAY THE EARTH STOOD STILL (PG-13) (950 1245 320) 740 1040
AUSTRALIA (PG-13) 900 PM
FOUR CHRISTMASES (PG-13) 710 PM 940 PM
TWILIGHT (PG-13) (1015 AM 100 PM)
BOLT 3D -$2.50 CHARGE FOR 3D (PG) ★ (1130 AM 150 PM 450 PM)

Times For 12/30 Bargain Matinees In ( ) OC= Open Captioned RW=RWC Available DA= Descriptive Audio Available DP= Digital Projection * Pass/Discount Ticket Restrictions Apply © 2008 www.REGmovies.com

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MILKING IT: Sean Penn is set to receive Palm Springs International Film Festival's Desert Palm Achievement in Acting Award for "Milk" on Jan. 6. Penn won Director of the Year at the festival last year for his acclaimed film "Into the Wild."

Entertainment

Ring in the New Year

Here's a round-up of Dec. 31 options for your viewing pleasure

ON THE TUBE | Elton John, the Jonas Brothers, Daughtry, Taylor Swift, Lil Wayne and Fall Out Boy all have something in common this New Year's Eve: they'll all be working — even if only through the magic of videotape.

There's some stiff competition among the networks for people who will be partying in front of their television sets Wednesday.

The granddaddy of New Year's Eve entertainment is "Dick Clark's New Year's Rockin' Eve with Ryan Seacrest 2009," the title made even more torturous by the baton-passing between the two entertainment utility players. The show has a prime-time hour at 10 p.m., breaks for news, then returns with Swift, the Jonas Brothers and Lionel Richie in Times Square. Fergie will host a Hollywood segment with the Pussycat Dolls and others.

Carson Daly is hosting his fifth New Year's Eve special on NBC, with the same format: an hour in prime-time, a break for news, and a longer party. T.I., Ludacris, Katy Perry, the Ting Tings and Elton John all join Daly.

Daughtry and Scott Weiland are featured players on Fox's late-night special. It airs at 11 p.m.

One recent trend is partying news networks: if you want to jam with Anderson Cooper or Bill Hemmer, you can. Cooper, teamed with comic Kathy Griffin, is in Times Square for CNN. FRAZIER MOORE (AP)

KEVORK DEJANSEZIAN/AP

Don't worry, folks — Ryan Seacrest has competition this New Year's Eve.

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AMC HOFFMAN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

IMAX THE DAY THE EARTH STOOD STILL: THE IMAX EXPERIENCE (PG13) (10:10 @ $9), 1:10, 4:00, 7:00, 9:50

DIGITAL 3D
BOLT IN DISNEY DIGITAL 3D (PG) (10:30 @ $8), 1:05, 3:25, 5:45, 8:05, 10:25
BEDTIME STORIES (PG) ✓ (10:45, 11:40 @ $6), 1:25, 2:20, 4:15, 5:00, 7:05, 7:45, 9:45, 10:35
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) ✓ (10:50 @ $6), 2:30, 6:15, 7:40, 10:05
MARLEY & ME (PG) ✓ (10:05 @ $6), 12:10, 1:15, 3:15, 4:15, 6:20, 7:25, 9:35, 10:35
THE SPIRIT (PG13) ✓ (10:55 @ $6), 1:45, 4:45, 7:55, 10:40
VALKYRIE (PG13) ✓ (10:15 @ $6), 1:20, 4:20, 7:20, 10:15
SEVEN POUNDS (PG13) (11:50 @ $6), 3:00, 6:10, 9:20
SEVEN POUNDS (PG13) (10:00 @ $6), 1:00, 4:10, 7:10, 10:10
THE TALE OF DESPEREAUX (G) (10:20, 11:20 @ $6), 12:50, 1:50, 3:30, 4:20, 5:55, 8:30
YES MAN (PG13) (11:10 @ $6), 1:55, 4:30, 7:15, 8:10, 10:00
THE DAY THE EARTH STOOD STILL (PG13) (11:00 @ $6), 2:00, 4:40, 7:40, 10:20
AUSTRALIA (PG13) 12:05, 4:05
FOUR CHRISTMASES (PG13) (10:05 @ $6), 12:30, 2:50, 5:05, 7:25, 9:55
TWILIGHT (PG13) 8:00
QUANTUM OF SOLACE (PG13) 6:40, 9:30
MADAGASCAR: ESCAPE 2 AFRICA (PG) (10:00 @ $6), 12:20, 2:45, 5:10

AMC SELECT
DOUBT (PG13) ✓ (10:45 @ $6), 1:40, 4:25, 7:05, 9:40
FROST/NIXON (R) ✓ (10:35 @ $6), 1:30, 4:35, 7:30, 10:40
SLUMDOG MILLIONAIRE (R) (10:40 @ $6), 1:35, 4:35, 7:35, 10:30
CADILLAC RECORDS (R) (11:30 @ $6), 2:10, 4:50

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
1 (888) AMC-4FUN

IMAX THE DAY THE EARTH STOOD STILL: THE IMAX EXPERIENCE (PG13) (11:40 @ $9), 2:30, 5:15, 8:05, 11:15

DIGITAL PRESENTATION
BEDTIME STORIES (PG) (11:20 @ $6), 1:55, 4:30, 7:05, 9:35

BEDTIME STORIES (PG) 12:10, 2:50, 5:30, 8:00
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) (10:30 @ $6), 2:15, 3:40, 6:00, 7:20, 9:45, 11:00
MARLEY & ME (PG) (10:20 @ $6), 1:20, 4:15, 7:10, 10:15
THE SPIRIT (PG13) (11:35 @ $6), 2:20, 5:10, 7:50, 10:30
VALKYRIE (PG13) (11:00 @ $6), 2:25, 5:20, 8:10, 11:10
SEVEN POUNDS (PG13) (10:50 @ $6), 1:50, 4:40, 7:40, 10:50
THE TALE OF DESPEREAUX (G) (11:45 @ $6), 2:10, 4:50, 7:15, 9:55
YES MAN (PG13) (10:05 @ $6), 12:40, 3:15, 5:40, 8:20, 11:05
FOUR CHRISTMASES (PG13) 8:15, 10:55
BOLT (PG) (10:15 @ $6), 12:50, 3:10, 5:35
TWILIGHT (PG13) (9:50 AM @ $6), 12:45 PM
QUANTUM OF SOLACE (PG13) 10:35 PM

AMC SELECT
DOUBT (PG13) (11:10 @ $6), 2:00, 5:00, 7:45, 10:20
FROST/NIXON (R) (10:45 @ $6), 1:45, 4:35, 7:30, 10:45

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION
BEDTIME STORIES (PG) ✓ (11:30 @ $6), 2:05, 4:40, 7:15, 9:50

THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) ✓ (11:40 @ $6), 3:20, 7:00, 10:30
MARLEY & ME (PG) ✓ (11:25 @ $6), 2:20, 5:15, 8:10, 10:50
THE SPIRIT (PG13) ✓ (11:05 @ $6), 1:40, 4:20, 7:05, 9:45
VALKYRIE (PG13) ✓ (10:55 @ $6), 1:50, 4:45, 7:35, 10:30
VALKYRIE (PG13) ✓ (10:55 @ $6), 1:50, 4:45, 7:35, 10:30
SEVEN POUNDS (PG13) (11:15 @ $6), 2:10, 5:10, 8:05, 10:45
YES MAN (PG13) 2:45, 5:20, 7:55, 10:35
THE DAY THE EARTH STOOD STILL (PG13) (11:10 @ $6), 1:45, 4:15, 6:50, 9:30
FOUR CHRISTMASES (PG13) (10:15 AM @ $6), 12:25 PM

AMC SELECT
THE READER (R) (10:20 @ $6), 1:05, 4:00, 6:45, 9:40
DOUBT (PG13) ✓ 12:30, 3:05, 5:40, 8:15, 10:50
FROST/NIXON (R) (10:45 @ $6), 1:35, 4:30, 7:30, 10:25
GRAN TORINO (R) ✓ (11:20 @ $6), 2:15, 5:05, 8:00, 10:45
SLUMDOG MILLIONAIRE (R) (11:00 @ $6), 1:55, 4:50, 7:45, 10:40
THE WRESTLER (R) ✓ (10:40 @ $6), 1:30, 4:25, 7:10, 9:55

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

IMAX THE DAY THE EARTH STOOD STILL: THE IMAX EXPERIENCE (PG13) 12:15, 2:45, 5:20, 8:00, 10:50

DIGITAL PRESENTATION
BEDTIME STORIES (PG) 12:05, 2:30, 4:55, 7:45, 10:20

BEDTIME STORIES (PG) ✓ (10:45 @ $6), 1:20, 3:55, 6:45
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) ✓ 12:30, 4:15, 8:00
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) ✓ (10:55 @ $6), 2:35, 6:15, 9:50
MARLEY & ME (PG) ✓ (10:10 @ $6), 1:10, 4:10, 7:05, 9:55
THE SPIRIT (PG13) ✓ (11:30 @ $6), 2:15, 5:05, 7:50, 10:35
VALKYRIE (PG13) ✓ (10:15 @ $6), 1:15, 4:15, 7:15, 10:15
SEVEN POUNDS (PG13) (10:30 @ $6), 12:35, 1:30, 3:30, 4:30, 6:30, 7:30, 9:30, 10:30
THE TALE OF DESPEREAUX (G) (11:50 @ $6), 2:25, 5:00, 7:25, 9:45
YES MAN (PG13) (10:00 @ $6), 12:10, 2:40, 5:10, 6:40, 7:40, 9:10, 10:10
FOUR CHRISTMASES (PG13) (10:50 @ $6), 1:05, 3:20, 5:40, 8:10, 10:45
BOLT (PG) (11:10 @ $6), 1:40, 4:05
TWILIGHT (PG13) 7:35, 10:25
QUANTUM OF SOLACE (PG13) 9:20 PM
MADAGASCAR: ESCAPE 2 AFRICA (PG) (10:20 @ $6), 12:40, 3:00, 5:15

AMC SELECT
DOUBT (PG13) ✓ (10:00 @ $6), 12:30, 2:55, 5:30, 8:05, 10:40
FROST/NIXON (R) ✓ (10:05 @ $6), 1:00, 4:00, 7:00, 10:00
SLUMDOG MILLIONAIRE (R) (10:40 @ $6), 1:35, 4:20, 7:10, 10:05

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) ✓ 12:00, 3:30, 7:10, 10:30
SEVEN POUNDS (PG13) (10:10, 11:10 @ $6), 1:00, 2:00, 4:10, 5:10, 7:00, 8:00, 9:50, 10:40
YES MAN (PG13) 12:05, 2:30, 5:00, 6:50, 7:30, 9:20, 10:00
THE DAY THE EARTH STOOD STILL (PG13) 12:15, 2:40, 5:20, 7:50, 10:20
BOLT (PG) (10:00 @ $6), 12:10, 2:25, 4:40

AMC SELECT
FROST/NIXON (R) ✓ (11:20 @ $6), 2:10, 4:50, 7:40, 10:25
MILK (R) (10:50 @ $6), 1:40, 4:30, 7:20, 10:10

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

BEDTIME STORIES (PG) 12:10, 2:40, 5:10, 7:40, 10:10
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) (11:45 @ $6), 3:15, 6:15, 9:45
MARLEY & ME (PG) (10:40 @ $6), 1:30, 4:20, 7:20, 10:20
THE SPIRIT (PG13) (11:55 @ $6), 2:25, 4:55, 7:25, 9:55
VALKYRIE (PG13) (10:35 @ $6), 1:20, 4:05, 7:00, 10:00
SEVEN POUNDS (PG13) (10:30 @ $6), 12:15, 1:15, 3:00, 4:15, 5:15, 6:30, 7:15, 8:00, 9:15, 10:00, 10:35
THE TALE OF DESPEREAUX (G) 12:20, 2:45, 5:05, 7:45, 10:00
YES MAN (PG13) (11:35 @ $6), 2:05, 4:35, 7:05, 9:35
THE DAY THE EARTH STOOD STILL (PG13) (11:40 @ $6), 2:10, 4:40, 7:10, 9:40
BOLT (PG) (10:25 @ $6), 12:45, 3:00

AMC SELECT
CADILLAC RECORDS (R) 12:05, 2:30, 5:00, 7:30, 10:05

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT
THE READER (R) (11:10 @ $6), 1:55, 4:35, 7:15, 9:55
DOUBT (PG13) (10:45, 11:45 @ $6), 1:10, 2:15, 3:30, 4:40, 5:55, 7:00, 8:30, 9:30
SLUMDOG MILLIONAIRE (R) (10:45, 11:30 @ $6), 1:25, 4:15, 4:55, 7:20, 10:00
MILK (R) (10:55 @ $6), 1:40, 2:10, 4:25, 7:10, 7:35, 10:00
RACHEL GETTING MARRIED (R) (11:00 @ $6), 1:40, 4:25, 7:10, 9:50

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

AMC SELECT
FROST/NIXON (R) (10:30 @ $6), 1:20, 4:20, 7:20, 10:20

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL 3D
BOLT IN DISNEY DIGITAL 3D (PG) (10:20 AM @ $8), 12:50 PM

DIGITAL PRESENTATION
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) ✓ 3:20, 7:10, 10:55

BEDTIME STORIES (PG) ✓ (9:25 @ $6), 12:00, 2:30, 5:15, 7:55, 10:30
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) ✓ (9:15 @ $6), 1:05, 4:45, 8:30
MARLEY & ME (PG) ✓ (10:00 @ $6), 12:55, 4:00, 7:00, 9:55
THE SPIRIT (PG13) ✓ (10:05 @ $6), 1:00, 4:05, 7:00, 9:50
VALKYRIE (PG13) ✓ (10:30 @ $6), 1:20, 4:25, 7:15, 10:20
SEVEN POUNDS (PG13) (10:10 @ $6), 1:10, 4:10, 7:05, 10:00
THE TALE OF DESPEREAUX (G) (9:00, 11:35 @ $6), 1:55, 4:35, 7:10
YES MAN (PG13) (9:40 @ $6), 12:15, 2:50, 5:25, 8:00, 10:35
THE DAY THE EARTH STOOD STILL (PG13) (9:30 @ $6), 12:05, 2:35, 5:05, 7:40, 10:15
AUSTRALIA (PG13) 9:35 PM
FOUR CHRISTMASES (PG13) (10:15 @ $6), 12:35, 2:55, 5:10, 7:30, 9:45
TWILIGHT (PG13) (9:20 @ $6), 2:45, 8:05
QUANTUM OF SOLACE (PG13) 12:10, 5:30, 11:00

AMC SELECT
DOUBT (PG13) ✓ (9:00, 11:30 @ $6), 2:00, 4:50, 7:35, 10:25
FROST/NIXON (R) ✓ (10:50 @ $6), 1:45, 4:55, 7:45, 10:50
GRAN TORINO (R) ✓ (10:25 @ $6), 1:30, 4:20, 7:25, 10:10
SLUMDOG MILLIONAIRE (R) (10:35 @ $6), 1:35, 4:30, 7:20, 10:05

AMC MAZZA GALLERIE
Jenifer and Wisconsin
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BEDTIME STORIES (PG) ✓ (11:40 @ $6), 2:00, 4:30, 7:00, 9:40
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) ✓ (11:50 @ $6), 3:30, 7:10, 10:40
MARLEY & ME (PG) ✓ (10:40 @ $6), 1:40, 4:40, 7:30, 10:20
SEVEN POUNDS (PG13) (11:00 @ $6), 1:50, 4:50, 7:40, 10:30
THE TALE OF DESPEREAUX (G) (10:30 @ $6), 12:45, 3:00, 5:20, 7:50, 10:00
YES MAN (PG13) (11:30 @ $6), 2:40, 5:10, 7:50, 10:15
THE DAY THE EARTH STOOD STILL (PG13) (10:50 @ $6), 2:20, 5:00, 7:20, 10:10

LOEWS RIO CINEMAS 18
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BEDTIME STORIES (PG) (9:45, 11:10 @ $6), 12:25, 1:45, 3:05, 4:30, 5:40, 7:05, 8:15, 10:50
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) (11:30 @ $6), 3:15, 7:00, 10:45
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) (9:30 @ $6), 1:15, 5:00, 8:45
MARLEY & ME (PG) (10:05 @ $6), 1:10, 4:15, 7:30, 10:30
THE SPIRIT (PG13) (11:40 @ $6), 2:25, 5:10, 8:00, 10:40
VALKYRIE (PG13) (11:00 @ $6), 1:55, 4:55, 7:55, 10:55
GHAJINI (NR–NOT RATED) (10:10 @ $6), 2:05, 6:15, 10:05
SEVEN POUNDS (PG13) (10:00, 11:20 @ $6), 1:00, 2:20, 4:00, 5:20, 6:55, 8:20, 9:55, 11:20
THE TALE OF DESPEREAUX (G) (11:35 @ $6), 2:10, 4:45, 7:15, 9:40
YES MAN (PG13) (10:40 @ $6), 1:35, 4:25, 5:55, 7:10, 8:30, 9:45, 11:10
THE DAY THE EARTH STOOD STILL (PG13) (11:25 @ $6), 2:00, 4:40, 7:25, 10:00
FOUR CHRISTMASES (PG13) 1:40, 6:50
BOLT (PG) (10:15 @ $6), 12:50, 3:20
TWILIGHT (PG13) (10:45 @ $6), 4:05, 9:10
QUANTUM OF SOLACE (PG13) 9:35 PM

AMC SELECT
DOUBT (PG13) (10:50 @ $6), 1:35, 4:25, 7:10, 9:45
FROST/NIXON (R) (10:55 @ $6), 1:50, 4:50, 7:45, 10:35
SLUMDOG MILLIONAIRE (R) (10:35 @ $6), 1:30, 4:35, 7:20, 10:15

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BEDTIME STORIES (PG) (11:20 @ $6), 2:10, 4:30, 7:25, 9:50
THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 12:05, 3:35, 7:05, 10:30
MARLEY & ME (PG) (11:15 @ $6), 2:05, 4:50, 7:45, 10:35
SEVEN POUNDS (PG13) (11:30 @ $6), 2:00, 4:45, 7:35, 10:15
YES MAN (PG13) (11:25 @ $6), 2:15, 4:50, 7:15, 9:40

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Times for Tuesday, December 30, 2008

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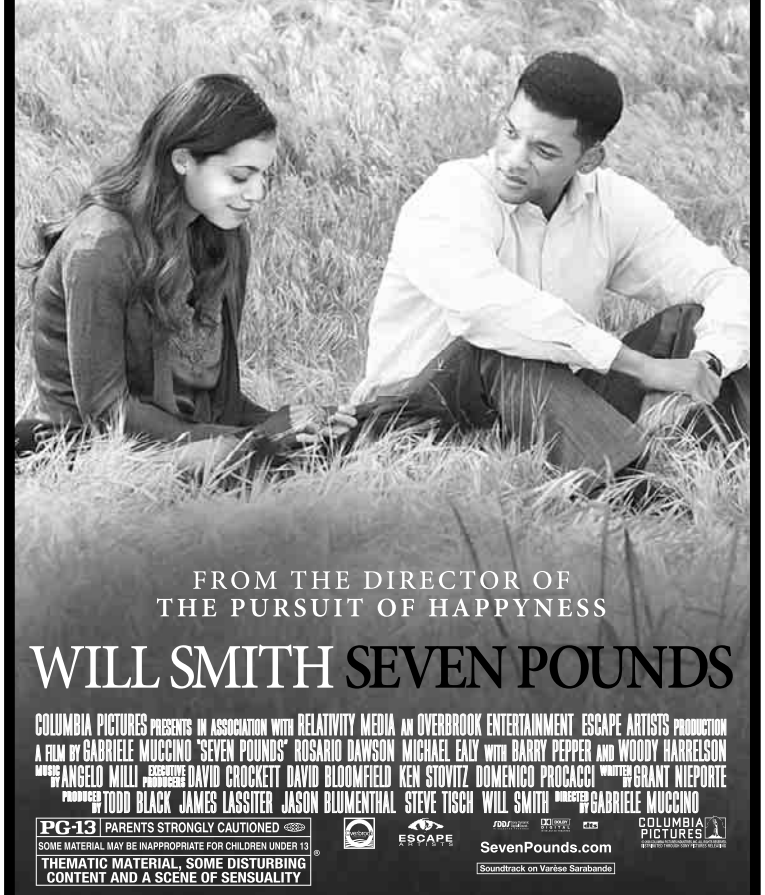

FROM THE DIRECTOR OF THE PURSUIT OF HAPPYNESS
WILL SMITH SEVEN POUNDS
COLUMBIA PICTURES PRESENTS IN ASSOCIATION WITH RELATIVITY MEDIA AN OVERBROOK ENTERTAINMENT ESCAPE ARTISTS PRODUCTION
A FILM BY GABRIELE MUCCINO "SEVEN POUNDS" ROSARIO DAWSON MICHAEL EALY WITH BARRY PEPPER AND WOODY HARRELSON
MUSIC BY ANGELO MILLI EXECUTIVE PRODUCERS DAVID CROCKETT DAVID BLOOMFIELD KEN STOVITZ DOMENICO PROCACCI WRITTEN BY GRANT NIEPORTE
PRODUCED BY TODD BLACK JAMES LASSITER JASON BLUMENTHAL STEVE TISCH WILL SMITH DIRECTED BY GABRIELE MUCCINO
PG-13 PARENTS STRONGLY CAUTIONED
SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13
THEMATIC MATERIAL, SOME DISTURBING CONTENT AND A SCENE OF SENSUALITY
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Television

PROLONGED VISIT: "Dexter" co-star Lauren Velez has been tapped for a multiepisode arc on ABC's dramedy "Ugly Betty." She will play Elena, a nurse who enters the lives of the Suarez family.

Host Gets the Most Attention

A high-profile M.C. shines at 'Kennedy Center Honors'

ARTS AWARDS | For the first time in 30 years, the host of the "Kennedy Center Honors" (9 p.m., CBS) may receive more attention than the distinguished recipients. This year's festivities were held and taped Dec. 7. Since then, host Caroline Kennedy has announced that she wants to be considered a candidate to be appointed to fill the New York Senate seat that will become empty upon Sen. Hillary Clinton's confirmation as Secretary of State.

The job of host is, by nature, ceremonial, and you have to assume that Kennedy got it because of her name and family connection. This seems to parallel her quest for a Senate seat, a position that most agree is more than merely ceremonial.

JACKSON CLARK

Senate hopeful Caroline Kennedy hosts this year's "Kennedy Center Honors."

As they have every year since 1978, this year's honorees hail from various branches of fine and popular arts. They include actor Morgan Freeman, choreographer Twyla Tharp, actress, singer and director Barbra Streisand, country singer George Jones and rock musicians Pete Townshend and Roger Daltrey.

The "Honors" also represents one of the final ceremonial appearances for President George W. Bush and first lady Laura Bush. Vice President Dick Cheney and Mrs. Cheney were in attendance, as was as outgoing Secretary of State Condoleezza Rice. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

ANYONE HOME?
"Nova" (8 p.m., PBS) presents new variations on the old question, **IS THERE LIFE ON MARS?** Or, more to the point, was there life? When the first manned probes sent back photos from Mars in 1976, it seemed pretty certain that it was a barren wasteland devoid of life. But since then, NASA's 2004 twin robot explorers have lasted 16 times longer and driven 20 times farther than expected.

CONFETTI AND PEANUTS
The Peanuts gang consults the calendar (but never grows old) in the 1986 animated special **HAPPY NEW YEAR, CHARLIE BROWN** (8 p.m., ABC).

ART IN CHAOS
"Independent Lens" (10 p.m., PBS) presents **OPERATION FILMMAKER**, a profile of a Iraqi film student Muthana Mohmed, whose school was destroyed by an American raid.

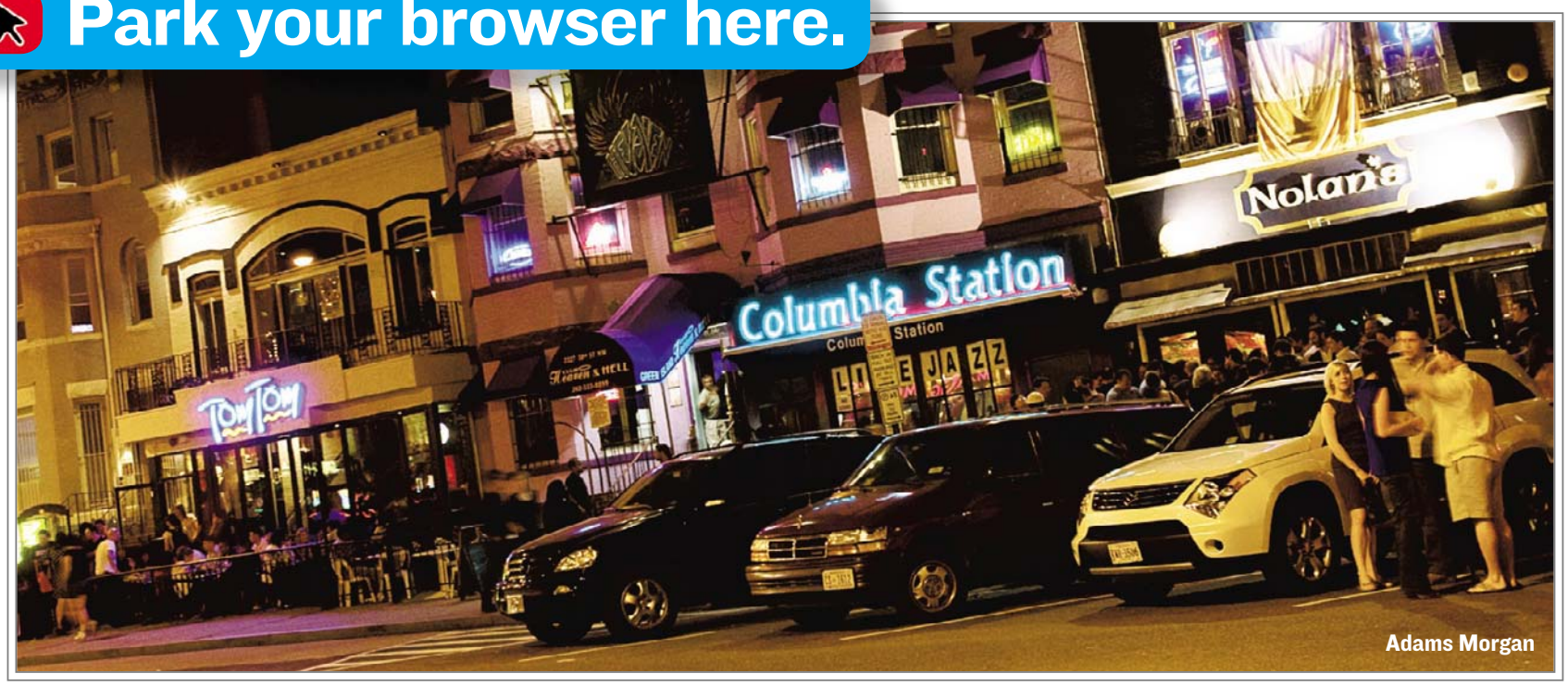
ACT, EAT, SING
Jay Leno hosts Will Smith, Paula Deen and k.d. lang on **THE TONIGHT SHOW** (11:35 p.m., NBC).

FOOD NETWORK

If you've got room left in your stomach, watch Paula Deen chat with Jay Leno.

NIGHT OWL FEED
Daniel Radcliffe, Steve Coogan and The Hold Steady are booked on **LATE NIGHT WITH CONAN O'BRIEN** (12:35 a.m., NBC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Park your browser here.



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XX138A 5x6

Stay Classy, New Year's

Leave the kid stuff behind with year-end fetes for grown-ups

FOR MORE on how to gracefully age your New Year's Eve, visit **Expressnightout.com**

LIFE & STUFF | Tired of your youthful New Year's indiscretions? Or maybe you're just sick of waking up every Jan. 1 wondering how exactly you spent the last eight hours. Good news: There are plenty of New Year's Eve parties that don't involve a giant dance club. Here are just a few:

Woolly Mammoth's presentation of the incredibly fast-paced, odd "Too Much Light Makes the Baby Go Blind" won't go dark for the Eve. The show begins late and is followed by a champagne reception with an open bar and some snacks.

Sure, the Black Cat has a dance party going, but it will also have Peaches O'Dell and her orchestra, playing classic dance music from the 1920s through the 1940s. You can also alternate between the dance party in the backstage and the Fred Astaire fantasy on the main stage.

The Kennedy Center's jazzy New Year's Eve is sold out, but opt for the classical program with the National Symphony Orchestra. Afterward, there will be a countdown, a toast and another hour of swing dancing in the grand foyer. It's the Ken Cen's version of a rave.

If black-tie is essential for your New Year's Eve, try "Hooray for Hollywood," the gala party at Maryland's Weinberg Center. You bring the glamour, and they'll provide the band, the food, the gambling, the open bar and the movie screenings. That's class. FIONA ZUBLIN (EXPRESS)

COLIN HOVDE

Lights out? Nope. See "Too Much Light Makes the Baby Go Blind" this New Year's.

→ *Woolly Mammoth Theatre, 641 D St. NW; Wed., Dec. 31, 10:30 p.m., $50; 202-393-3939. (Gallery Place)*

→ *Black Cat, 1811 14th St. NW; Wed., Dec. 31, 8 p.m., $25; 202-667-7960. (U St.-Cardozo)*

→ *Kennedy Center, 2700 F St. NW; Wed., Dec. 31, 8:30 p.m., $50-90; 202-467-4600.*

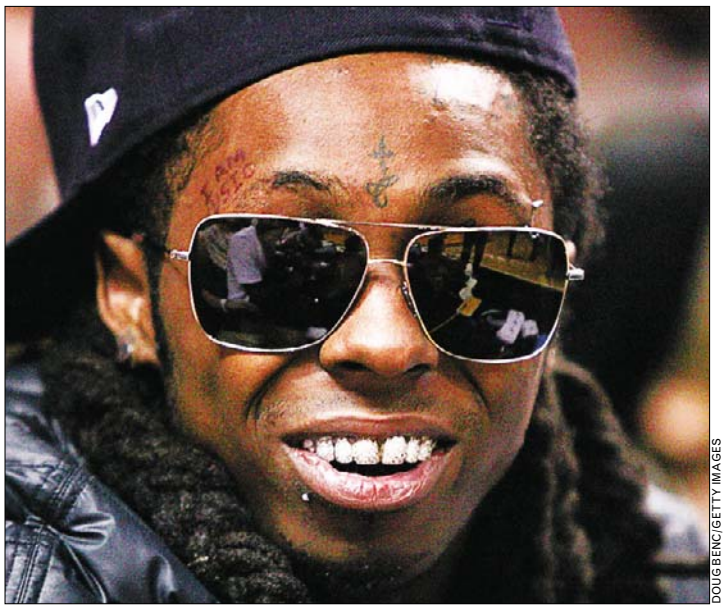
→ *Weinberg Center for the Arts, 20 W. Patrick St., Frederick; Wed., Dec. 31, 8 p.m., $150; 301-600-2828.*

topstops

2 Seasons of Friendship

Hey, here's a new year's resolution for you: Expose yourself to more art. (No, not like that!) Lots of art exhibits are closing in January, and you can spend your wintry weekends rushing from Smithsonian to Smithsonian, like a New York tourist hopping from Starbucks to Starbucks. In your mad dash, look for the Mary Cassatt exhibit at the National Museum of Women in the Arts. It's all about friendship, family and love, and if that doesn't warm your heart, nothing will. Well, except maybe a nice, frothy latte. F.Z.

→ *National Museum of Women in the Arts, 1250 New York Ave. NW; through Jan. 25, free; 202-783-5000. (Metro Center)*



DOUG BENC/GETTY IMAGES

1 Yeah, What? Lil Wayne

You've heard Lil Wayne's "Lollipop" on the radio one too many times. Still, you're drawn in. Maybe it has something to do with the blingage reflecting off his toothy grills? Or perhaps you've now listened to his Billboard hit "A Milli," oh, a million times. Whatever the reason, give in to your fandom and catch the Grammy award nominee from New Orleans at the Verizon Center with Keyshia Cole, T-Pain and Gym Class Heroes. N.O.

→ *Verizon Center, 601 F St. NW; Tue., Dec. 30, 7 p.m., $45.75$85.75; 202-397-7328. (Gallery-Place Chinatown)*

TRACY A. WOODWARD/TWP

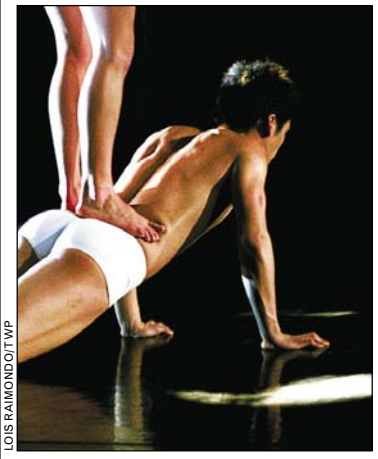
3 Last Train Home

Every year, former Washington Post scribe and forever Last Train Home frontman Eric Brace returns to D.C. for a series of holiday shows. The Nashville-based singer-songwriter even put out a Last Train Home Christmas CD, "Holiday Limited," in 2000, but it's his originals that warm up cold days. His deep, velvety voice may sing of loves lost, and the band's wistful country, folk and dusty rock arrangements whisper of melancholy, but after hearing the music you'll still be in a better mood as you ride the last Metro home. C.P.

→ *Kennedy Center, 2700 F St. NW; Tue., Dec. 30, 6 p.m., free; 202-467-4600.*

Compiled by Express' Nicole Ocran, Christopher Porter and Fiona Zublin. Read more picks at **expressnightout.com/topstops.**

thescene



LOIS RAIMONDO/TWP

Bid the holiday season farewell with an eye-opening evening with LEVYdance.

WEDNESDAY

New Year's Eve at Busboys and Poets: Dance, drink at two locations. Busboys and Poets, 2021 14th St. NW; 9 p.m., $49 in advance, $59 at the door; 202-387-7638. (U St.-Cardozo)

New Year's Eve at Rock and Roll Hotel: Food, beer and music are included in the entry fee. Rock and Roll Hotel, 1353 H St. NE; 8 p.m.- 4 a.m., $30-$80; 202-288-7625.

THURSDAY

Very Merry Unauthorized Children's Scientology Pageant: You might not learn a lot of facts about scientology, but you're sure to be entertained. D.C. Arts Center, 2438 18th St. NW; through Jan. 2, $25; 202-462-7833. (Woodley Park)

FRIDAY

Ethiopian New Year Celebration: This evening includes music and dance evocative of Eastern Africa. Walters Art Museum, 600 North Charles St., Baltimore; 5 p.m- 8 p.m., free; 410-547-9000.

SATURDAY

LEVYdance: An innovative modern dance group visits from California. Dance Place, 3225 8th St. NE; Sat., 8 p.m., Sun., 4 p.m., $22; 202-269-1600. (Brookland)

Talla Trio: Classical music finds new life in the hands of this young trio. Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-467-4600. (Foggy Bottom)

Explore our searchable list of the area's events, venues, restaurants and movies at **expressnightout.com/thescene.**

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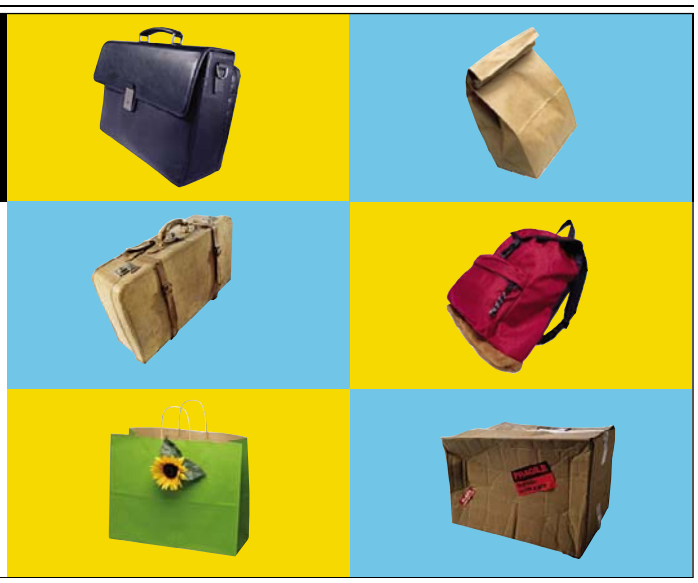

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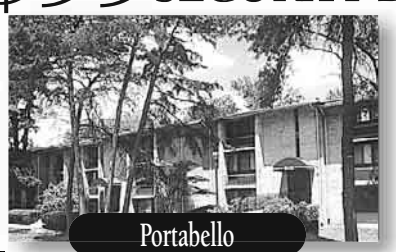

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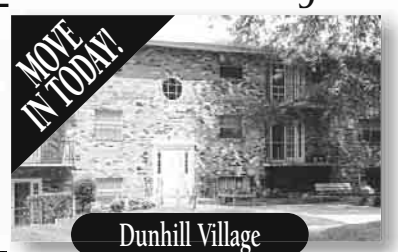

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Silver Spring

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TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

Hot people decide to tie the knot | 34

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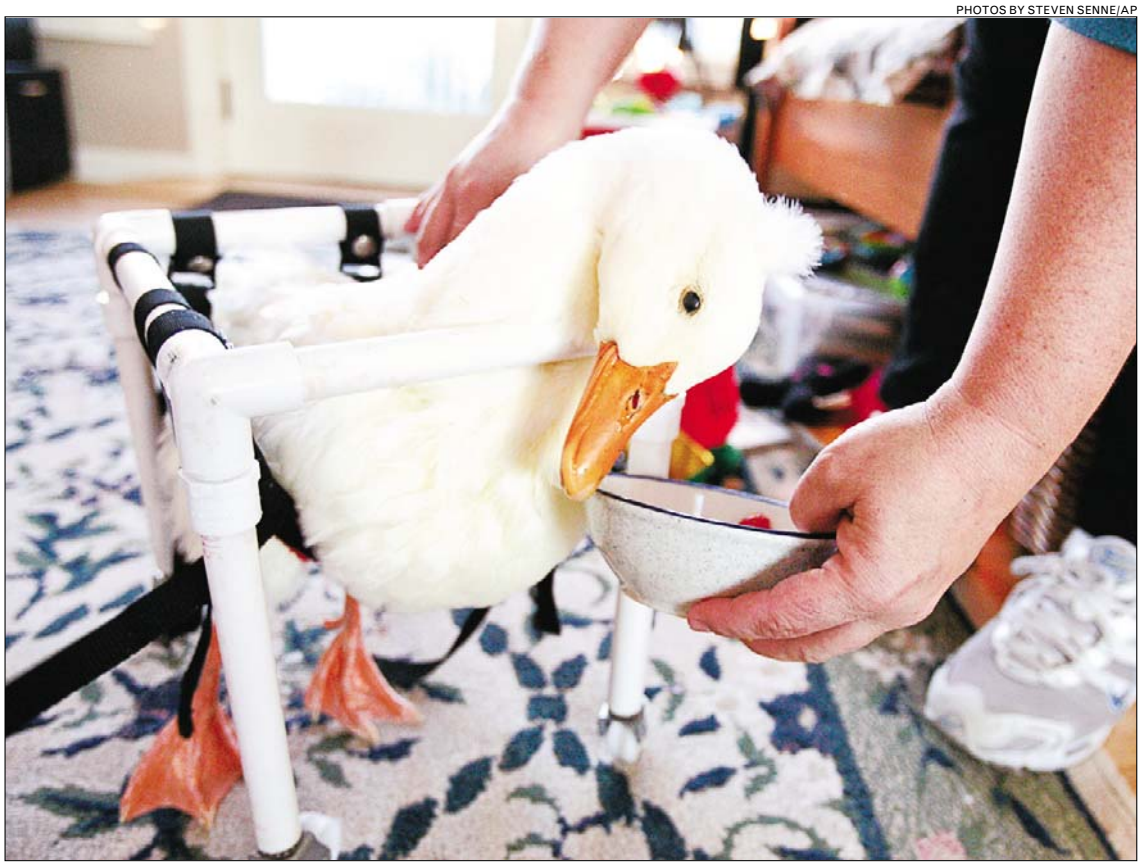
PHOTOS BY STEVEN SENNE/AP



JUST DUCKY: Lemon, a Pekin duck with a neurological disorder, eats while in her specially designed walker, the "Lemobile."

A Duck's Tale

Education

A children's book tells the story of caring for a pet with a disability

For more than two years, Laura Backman has cared for a little one with a neurological disorder — feeding her, changing her diapers, helping to teach her to move with a walker.

Now, that baby is getting around with her own webbed feet.

Lemon, a Pekin duck, has been physically disabled since she hatched in the kindergarten class Backman taught in Portsmouth, R.I.

Backman has now turned Lemon's life story into an illustrated children's book, "Lemon the Duck," to teach tolerance and inspire hope in children, disabled or not.

After Lemon hatched, her balance problems were immediately apparent. She couldn't walk on her own — and she still can't, because of a neurological problem her veterinarian suspects could have been caused by temperature or humidity problems during incubation, or by viruses or other infectious agents getting through the shell.

> "The messages [in the book] were really nice for kids, about acceptance and embracing difference."
>
> **MEGHAN NOLAN**, LOBSTER PRESS

The handful of other chicks hatched in the kindergarten class incubator all went to pre-arranged homes, but Backman agreed to take on Lemon and all the tender care she would require.

"That's one of the things I'm trying to give her, is a ducky life, even though she can't live outside with the ducks," Backman says. "I know it probably sounds like I'm obsessed with her. And I am. But it's a good obsession."

Backman, 39, has always loved children's books and thought Lemon's life was worthy of print. Her publisher agreed.

"We just thought it was a fantastic inspiration story, what she's done with this duck," says Meghan Nolan, editorial director at Lobster Press, a Canadian kids' book publishing company that put Lemon's story in print. "The messages were really nice for kids, about acceptance and embracing difference."

The book — Backman's first — describes the true story of how children come to understand Lemon's disability and rally around her, devising ways to help and taking turns feeding her.

By the end of the book, Lemon mucks around in the grass with other ducks, thanks to a feeding harness — a dog's water flotation vest turned upside down and attached to a stand. Backman's character — called Ms. Lake in the book — tells her students Lemon will always need them.

"I think we need her, too," says one student as he hugs Lemon.

Pekin ducks can live a decade or longer.

In real life, Lemon is cuddly, sociable and never shy to butt into a conversation, letting out a rapid series of gutteral barks when Backman presents her with a bowl of chopped tomatoes.

Her disability is occasionally obvious: When Lemon attempts a movement, her neck twists around until the bottom of her beak is facing skyward and the tuft of white feathers on her crown is pinned to her breast. Sometimes she gets herself untangled. More often, Backman gently pries loose her head.

Laura Backman holds her pet duck, Lemon, at her home in Portsmouth, R.I.

But Lemon goes right back to eating or pushing herself around in a specially designed walker. The "Lemobile" is a contraption made of white PVC piping, a sling and smooth-rolling wheels. Lemon kicks her feet, wags her tail feathers and propels herself forward or in circles.

"She's very feisty. She has a real zest for life," Backman said in an interview as Lemon quacked contentedly in the family's airy, waterfront home in Portsmouth.

Because Lemon can't control her bodily functions, she has to wear diapers that Backman changes six times a day. Backman bathes her every morning and carts her almost everywhere she goes. Lemon has been with Backman to dentist appointments and relatives' sonograms.

Backman was introduced to ducks by her father, who kept them as pets when she was a child. He developed multiple scleroris, and she and her family had to help him with his every need.

"My dad couldn't do anything for himself, but we didn't let that stop him from having a full life," Backman said.

A couple of veterinarians Backman consulted questioned Lemon's quality of life and implied Backman might consider euthanization for the duck.

But that was never an option for Backman, in part because she was assured Lemon isn't in pain.

"She really does spoil and love this duck, and she's a happy little duck," said Kimberly Link, president of the Majestic Waterfowl Sanctuary in Connecticut.

Link's organization will receive some of the proceeds from Backman's book, as will the Rhode Island Multiple Sclerosis Society.

HILARY RUSS (AP)

Look out Online

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TELEVISION

Cut It Out

FX's 'Nip/Tuck,' a show about plastic surgeons/best friends/worst enemies, has messed-up plotlines (rape, incest, murder, etc.) Part of season five is out on DVD Dec. 30 and the second part premieres on Jan. 6, so Roxana Hadadi picked 'Nip/Tuck's five most inappropriate moments. | COMING UP

DVD REVIEW

'Greeks' Love

Rush parties, scandals, geeks and Greeks — while it may not be the most accurate depiction of college life, ABC Family's 'Greek' keeps you coming back for more. With season two out on DVD, Rudi Greenberg gives a few reasons why "Greeks" is a worthy guilty pleasure. | COMING UP

LIFE & STUFF

Positive Jams

Just because you've resolved to make 2009 healthier doesn't mean it has to be boring, too. Which is why Roxana Hadadi has found several events, starting Jan. 1, to kick off the new year right, and keep a positive tone for the next 364 days of your life. | COMING UP

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

HAVE YOU EVER KEPT A NEW YEAR'S RESOLUTION FOR THE ENTIRE FOLLOWING YEAR?

NO 71% | **YES** 29%

"Yes, but only because I make resolutions that are realistic and achievable (e.g., run a personal best in the Marine Corps Marathon.)"

COMMENTER DIOGENES, WHO ADDED, "THE KEY IS TO SET REASONABLE OBJECTIVES AND REWARD YOURSELF FOR YOUR SUCCESSES."

"Yep. It's got to be something doable, though. In other words — no 'I will exercise,' or 'I'll look good in a bikini.'"

COMMENTER WAS BUF., NOW WAS., WHO ADDED, "ONE OF MINE WAS 'I'M NO LONGER [GOING TO] MAKE UP STORIES TO FIT INTO A CONVERSATION.'"

"Yes, but in all honesty my resolution was easy to keep: Drink more cheap wine and gain 10 pounds! It was an effortless success."

COMMENTER CAC, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "HAVE YOU EVER KEPT A NEW YEAR'S RESOLUTION FOR THE ENTIRE FOLLOWING YEAR?"

SEE HOW YOUR METRO STATION VOTED AT EXPRESSNIGHTOUT.COM/POLLCENTER

Blog LOG

"It appears that the Foucault pendulum at the Museum of American History is no more. Unfortunate, [because] it was a transfixing exhibit."

LALOCA.ORG THOUGHT THE PENDULUM SHOULD HAVE STAYED, ADDING, "UNLIKE THE RIDICULOUS GEORGE-WASHINGTON-AS-ZEUS STATUE, WHICH THEY APPARENTLY KEPT."

MARK GAIL/TWP

"I haven't heard the word Kwanzaa [yet] this year and I'm not surprised. Kwanzaa is a dying non-religious holiday."

DCFAB.THEFABEMPIRE.COM ADDS, "MANY AFRICAN-AMERICANS DON'T CELEBRATE THE HOLIDAY, LEAVING THE TOUGH QUESTION: IS KWANZAA STILL RELEVANT?"

"After a week of merriment mixed with sloth, you get to work and realize you have no idea where you left off, and no motivation to find out. Worse, there are those tempting online recession sales."

GUIDEFORWORKINGGIRL.BLOGSPOT.COM IS HAVING SOME TROUBLE GETTING BACK INTO WORK MODE THIS WEEK.

"THIS YEAR, we had a pre-Christmas celebration in Orange County, Calif., with my family. On Christmas Day, we celebrated with Jesse's family in Orange County, Va. Although the two locations couldn't be more different, the end results were similar."

ANORANGECOUNTYGIRL.BLOGSPOT.COM, A CALIFORNIA NATIVE, SPENT TIME WITH BOTH HER FIANCE'S FAMILY AND HER OWN FAMILY, EVEN THOUGH BOTH WERE ON OPPOSITE SIDES OF THE COUNTRY.

Discussions

Personal Styling

Washingtonpost.com Fashion and Beauty Editor **JANET BENNETT** and Sunday Source Trend Spotter **MICHELLE THOMAS** were online Dec. 16 and answered questions about personal style.

If you had a $100 to spend on an accessory or accessories to jazz up a basic wardrobe, what would you get this season? I'm so tired of my basic outfits these days!

A big, chunky cuff and/or a chunky necklace. You can find these accessories at places like Cecile Jeanne in Georgetown or Bethesda, Loehmann's locations, Filene's Basement, eBay, J. Crew, etc.

I am going to an engagement party, where I'm also meeting my boyfriend's parents for the first time and I can't figure out what to wear. The party is cocktails at a country club, casual dress. I know I need to go dressier than jeans, but I don't want to be too overdressed. Ideas?

How about a little black dress in wool, which you can accessorize with a necklace and a cuff and some snazzy shoes?

I was dismayed to read recently that women who wear glasses shouldn't wear dangly earrings. I'm in my mid-60s, trying to become more fashionable, have to wear glasses but love dangly earrings. What's the problem with wearing them, and are there ways that "rule" can be bent?

I don't think there's any hard and fast rule about not wearing dangling earrings with glasses. I'd say it's a case-by-case kind of thing. It depends on the kind of earrings and the glasses.

My mid-20s, career-oriented roommate is working on updating her wardrobe and finding her own style. I'd like to buy her a book on style for a present, and would appreciate a recommendation on something classic for a Washington working woman.

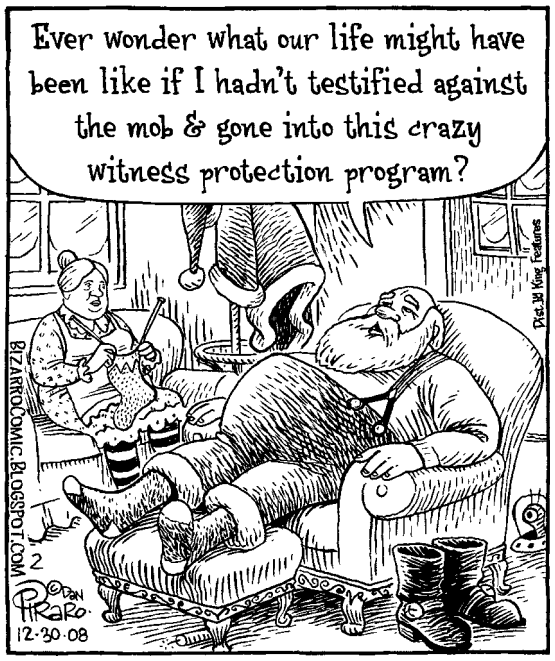
I really like Isaac Mizrahi's "How to Have Style," which offers (mostly) realistic and easy-to-follow tips for developing style.

What kinds of eyeglasses are in style these days? I want something modern, but not too trendy, since I only replace them every couple of years. I'm 32.

It's more a question of what looks good on your face. Take a look at designer glasses from Oliver Peoples and Anne et Valentin, Theo and Face, which are very in vogue now.

Look out

Bizarro | *Dan Piraro*



Cornered | *Mike Baldwin*

"Layoffs are bad enough without you making them play musical chairs."

Pooch Cafe | *Paul Gilligan*

Pearls Before Swine | *Stephan Pastis*

The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

CAPRICORN (Dec. 22-Jan. 19) You may engage in behavior that might not be considered wise by some, but the potential for increased rewards is tempting.

AQUARIUS (Jan. 20-Feb. 18) A foray into something that is unfamiliar may seem exciting at the outset, but certain dangers become clear later in the day.

PISCES (Feb. 19-March 20) Time spent on a pet project can lead to certain rewards, but you mustn't neglect those duties others expect you to fulfill.

ARIES (March 21-April 19) It is likely to take some more discipline than usual to stick to the game plan and address the major issues as they arise.

TAURUS (April 20-May 20) You can prove yourself worthy of recognition and respect simply by remaining true to yourself and responding from the heart.

GEMINI (May 21-June 20) You are likely to reach a halfway point of sorts. It's a good time to stop and take stock of resources. Don't let yourself run dry.

CANCER (June 21-July 22) You've been bragging to others that you have what it takes, but all along you've also been harboring doubts. Put it on the line.

LEO (July 23-Aug. 22) What usually counts as a business arrangement may actually become something between two friends. Today's events make a difference.

VIRGO (Aug. 23-Sept. 22) Share as much information as possible with those who are in a position to lend you assistance. You can't do it all on your own.

LIBRA (Sept. 23-Oct. 22) You may begin to feel that maintaining that long-distance relationship is becoming too difficult. Don't give up; consider all options.

SCORPIO (Oct. 23-Nov. 21) You have what it takes to inspire others so that they grow and do their best work. Do you have what it takes to inspire yourself?

SAGITTARIUS (Nov. 22-Dec. 21) You'll require more detailed information before you change course midstream at this time. Make clear your needs — and fears.

AP

Iraqis celebrate news that Saddam Hussein had been hanged on Dec. 30, 2006.

Today in History

1853 The United States and Mexico sign a treaty under which the U.S. agreed to buy some 45,000 square miles of land from Mexico for $10 million in a deal known as the Gadsden Purchase. (The area covered by the agreement is located in present-day southern Arizona and southwestern New Mexico.)

1907 The Mills Commission issues its final report concluding that Abner Doubleday invented baseball, a finding that few sports historians embrace.

1922 Vladimir Lenin proclaims the establishment of the Union of Soviet Socialist Republics.

2003 The Bush administration announces it is banning the sale of ephedra, and urges consumers to immediately stop using the herbal stimulant linked to 155 deaths.

2006 Iraqis awake to news that Saddam Hussein has been hanged; victims of his three decades of autocratic rule celebrate.

PostPoints DAILY CODE DX

Look out People

CHRIS PIZZELLO/AP

"If you squint, they all look like Oscars!"

BEHAVIOR

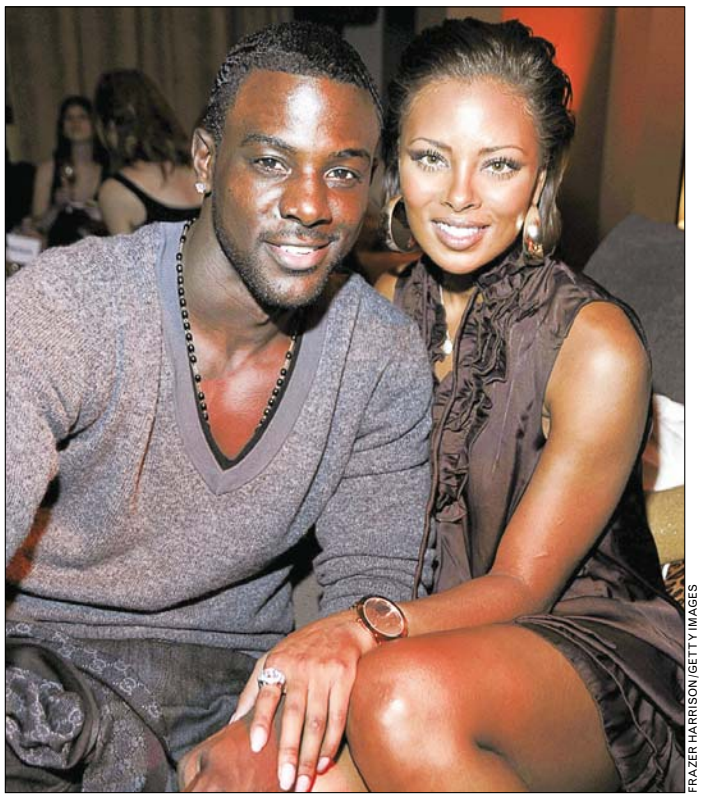
Fanning's Fascination With Trophies Enabled Again

DAKOTA FANNING has joined presenters at the Critics' Choice Awards. Organizers said Monday that Dustin Hoffman and Dennis Hopper will also help hand out trophies at the Jan. 8 ceremony in Santa Monica. VH1 will air the show. (AP)

SAD REALIZATIONS

Moss Loses More Money Than You'll Make All Month

On Christmas Day, model **KATE MOSS** lost a $4,400 silver ring her boyfriend Jamie Hince had given her hours earlier, the Daily Mirror reported. The pair searched in vain before leaving London for Thailand. (EXPRESS)



FRAZER HARRISON/GETTY IMAGES

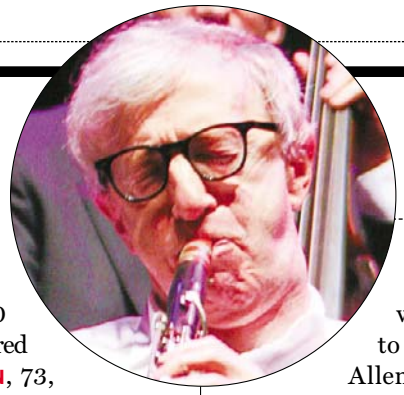
ENGAGED

Ringing a Belle

"America's Next Top Model" winner **EVA MARCILLE** (formerly Eva Pigford) said yes when "Tyler Perry's House of Payne" hunk Lance Gross got down on one knee Christmas Eve. The couple, who have dated for two years, were surrounded by family and friends when Gross popped the question, according to Essence. "I cried," Marcille said. "It was totally unexpected." (EXPRESS)

EQUATIONS

Neurotic Star + Jazzy Music = Happy Poles



Allen is also a noted inflator of air mattresses.

An audience of almost 3,000 clapped and cheered as **WOODY ALLEN**, 73, and his jazz band gave their first concert in Poland on Sunday. The filmmaker, playing the clarinet, was accompanied by his New Orleans Jazz Band for a performance of traditional jazz. "We will do our best to entertain you," Allen told the audience at Warsaw's biggest concert hall, Sala Kongresowa, at the beginning of the two-hour concert. He received a standing ovation at the end. (AP)

EXPECTING

Shoe-In for Neck-Up Emmy

People reports actress **CHYLER LEIGH**, 26, is expecting her third child with her husband, actor-musician Nathan West. Since 2007, Leigh has appeared regularly on "Grey's Anatomy" as "Lexie," the half-sister of central character Meredith Grey (Ellen Pompeo). Leigh's pregnancy will not be written into the ABC's series plot line. Leigh also appeared in short-lived dramas "Reunion" and "That '80s Show." (EXPRESS)

NEWS FLASH

Non-Comic Geeks Fight Over Comic Book Movie

An attorney for 20th Century Fox says the studio will continue to seek an order delaying the release of 'Watchmen.' U.S. District Court Judge agreed with Fox that Warner Bros. had infringed its copyright by shooting the superhero flick starring **JEFFREY DEAN MORGAN**. (AP)

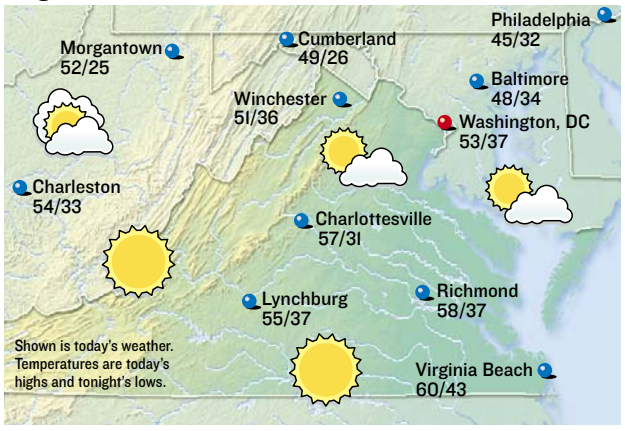
WARNER BROS.

No word on whose side this guy's on.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny	Partly cloudy	Partly sunny, windy, colder	Sunny	Cloudy, rain and wet snow	Partly sunny
53°	37°	43° / 22°	35° / 34°	40° / 28°	43° / 31°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	51°
Low	38°
Normal high	44°
Normal low	29°
Average humidity	41%

Precipitation

24 hours ending 4 p.m.	Trace
Month to date	2.97"
Normal month to date	2.85"
Year to date	46.49"
Last year to date	32.70"
Normal year to date	39.26"

For up-to-the-minute weather, see: **washingtonpost.com/weather**

Regional Forecast

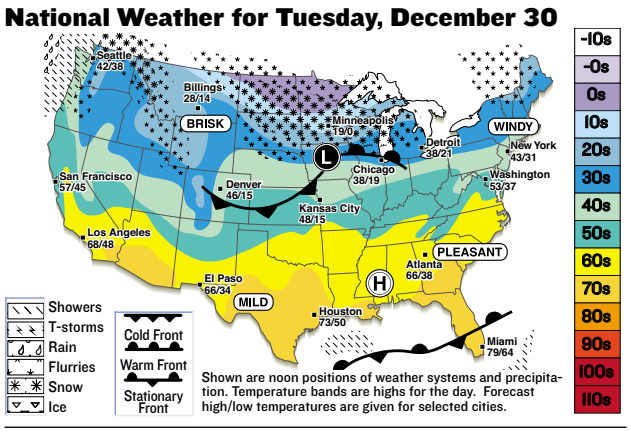
D.C. Metro: Today, mostly sunny. High 53. Wind west 6-12 mph. Tonight, partly cloudy. Low 37. Wind west-southwest 8-16 mph.

Sun and Moon

Sunrise today	7:26 a.m.
Sunset tonight	4:55 p.m.
Moonrise today	9:28 a.m.
Moonset today	8:01 p.m.

First	Full	Last	New
Jan 4	Jan 10	Jan 17	Jan 26

National Weather for Tuesday, December 30



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	66/38/s	52/28/s
Boston	42/27/pc	30/16/sn
Chicago	38/19/c	24/17/pc
Dallas	74/38/s	54/35/s
Denver	46/15/pc	44/22/pc
Honolulu	79/68/pc	80/69/s
Los Angeles	68/48/s	70/48/pc
Miami	79/64/pc	79/61/pc
New York City	43/31/s	42/23/pc
Orlando	74/48/pc	72/49/pc
Seattle	42/38/r	41/35/r

World Cities

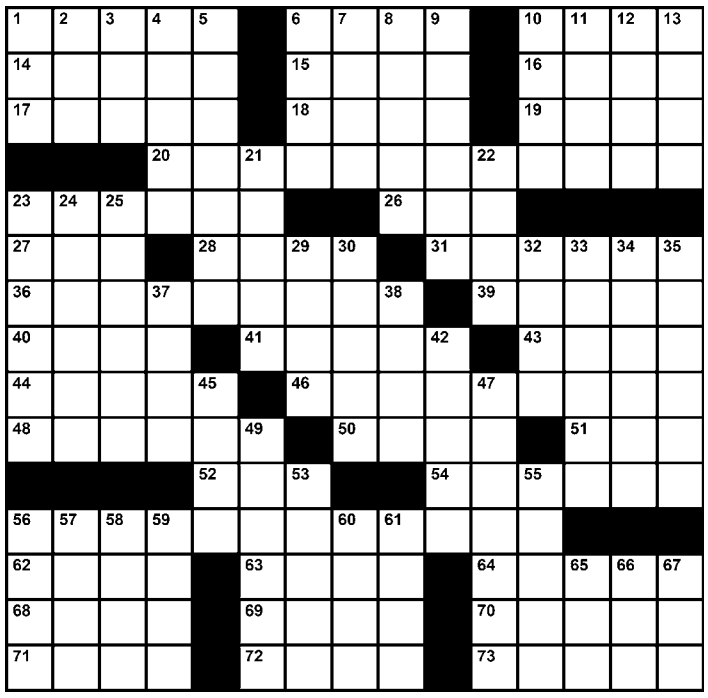
City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	37/30/s	40/29/s
Athens	47/40/sh	46/40/r
Berlin	36/27/s	34/25/s
Buenos Aires	86/66/s	75/61/pc
Calgary	16/-1/pc	19/-7/sn
Dublin	43/36/pc	45/36/pc
Geneva	38/33/c	46/35/r
Moscow	30/27/sf	28/21/sn
Rome	48/37/s	50/34/pc
Sydney	77/63/pc	84/64/s
Tokyo	57/45/s	52/41/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Look* out

CROSSWORD | DAILY DOSE

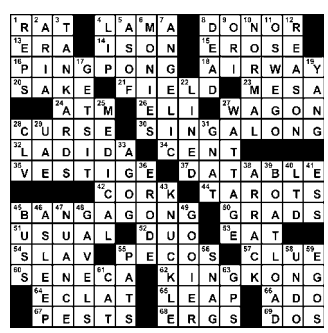
EDITED BY TIMOTHY E. PARKER



ACROSS
1 Cradle cap's location
6 Horace works
10 Old Testament scribe
14 Gasoline grade
15 Left, on a liner
16 Billiards cushion
17 Biological bristles
18 Islamic leader
19 Capital west of Stockholm
20 Astronaut's quarters, in the early days
23 Motley, as an army
26 Melodic tune
27 Certain Web site address ending
28 Inconsequential amount
31 Featherbrain
36 Parts of a shower
39 The Gold Coast, now
40 Check out, so to speak
41 Much more than meager
43 SALT talks participant
44 Londoner's petrol unit
46 Y-shaped weapon
48 Founder of the Jesuits
50 Abbr. in a bibliography
51 Shape of some six-sided rooms
52 Eat in the eve
54 Grinch portrayer
56 Birthplace of many a doll
62 Clearly not locked
63 Asian border peak
64 Dubuque denizen
68 Event covered by paparazzi
69 Comic vignette
70 Building material
71 Escape route
72 New kid on the block
73 First name in bicycling

DOWN
1 Sound of water hitting a hot frying pan
2 "Good morrow, cousin," for Romeo
3 Unusually intelligent
4 "to say the ___"
5 Like many magazine subscriptions
6 Sometimes-unpopular org.
7 St. Peter's Basilica feature
8 Susan Lucci's vamp
9 Overexertion
10 Cupid, to the Greeks
11 Pitts of "Life with Father"
12 Small brook
13 Medicinal plant
21 Ancient bazaar
22 Irritating snob
23 What to do after getting doubles in Monopoly
24 Slower than andante
25 Caught red-handed
29 Thumb and others
30 Kind of butter
32 As a result
33 Plumber's item
34 Shoe accessory
35 In a sharp-worded manner
37 Piano-playing Peter
38 It's made with a blade
42 Make official, as a law
45 Schiaparelli of fashion
47 Like ice sheets and bergs
49 Summer month
53 Like morning news people
55 Mary Richards' neighbor
56 Menagerie enclosure
57 Brand under a sink
58 One of the Lesser Sundas
59 Enfant terrible
60 Two of a kind
61 Saxophone variety
65 Carried the day
66 "Lost" letters?
67 Name change indicator

Yesterday's Solution



SUDOKU | MEDIUM

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Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

			2				3	
7					5	4	1	
					4			8
		3			9			5
	1		5		2		6	
6			4			8		
3			1					
	8	7	6					2
	4				8			

Yesterday's Solution

8	3	1	9	6	4	5	7	2
6	2	5	8	7	1	4	3	9
9	7	4	2	3	5	8	1	6
2	6	7	4	8	3	1	9	5
3	4	9	5	1	2	7	6	8
5	1	8	6	9	7	2	4	3
1	5	2	3	4	9	6	8	7
4	8	3	7	2	6	9	5	1
7	9	6	1	5	8	3	2	4

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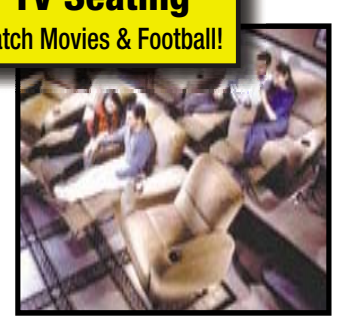

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Let's Review

A LOOK BACK AT INTERVIEWS, EXERCISES AND WELLNESS TIPS FROM 2008 E4-5

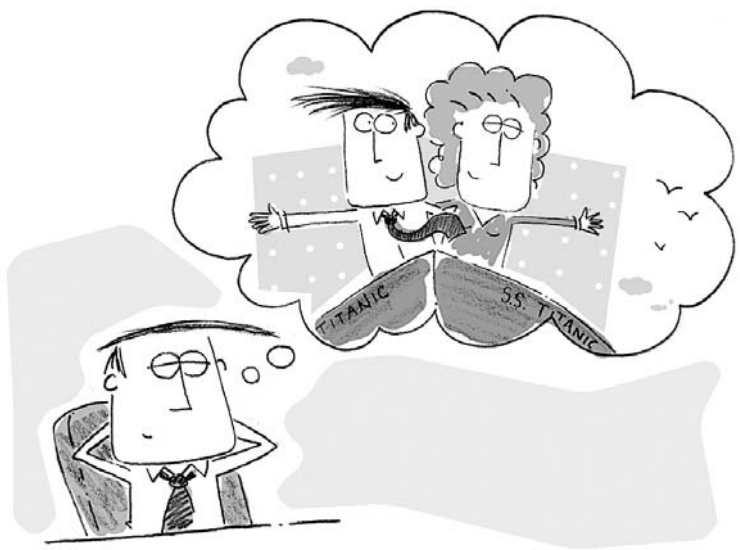
GETTY IMAGES

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

A One-Sided Workplace Romance

Q I've developed a serious attraction to my direct supervisor, whom I work with extensively throughout the day. I've even contemplated leaving this comfortable job because it's like emotional torture having something right there that you can't have (it could never work: professional hierarchy, our age difference, office policy, etc.). However, I also wonder if I'm just over-emotional ever since my rough breakup from my ex of three years (he has a new special someone). Should I speak up to my boss or continue to suppress my feelings? —EMOTIONALLY CONFUSED EMPLOYEE



ERIC REECE

You don't say how long it's been since you broke up with your ex, but certainly that stressful upheaval could be heightening your feelings for Boss Man.

Nonetheless, you're having difficulty functioning, at least at work. Do a reality check about your "comfortable" job: Are there reasons to stay or go, besides the eye-candy? Being stuck in this situation could keep you from moving forward, professionally and personally.

As for speaking up, I can't imagine that could do much good — especially if realistically it couldn't work. The romantic in me (that's her with the feather boa) says, of course, wax poetic, and someday you'll be able to tell your grandkids the story, but the psychologist says it sounds like you are young enough to be his grandkid, and the power dynamic could create professional, ethical and even legal problems (not so romantic). Give yourself a little more time to see if you can shake this — but be prepared to walk away if you can't.

Temptation Moves to Town

Q I've been married two years, and until recently was happier than ever before. But a friend I once had a devastating crush on moved back to town after being out of touch for 10 years. Now I can't stop thinking about her, and it's killing me. I love my wife, but if there's one person I've known in my life who I might have married instead, it would be this friend. We have more in common, more compatible world views and there's always been an intense mutual attraction. We've had a history of bad timing, but always thought we'd be great together. (She's single now.) I'm not the cheating type, but I'm finding myself unable to feel as close or attracted to my wife as I had been. —MISERABLE!

You were feeling happier than ever before with your wife, and then, a person who had a "devastating" effect on you re-emerged. First, let's all just take a deep breath (and let me get my popcorn.)

The good news: It seems likely that when the novelty and surprise of this situation wears off, your feelings will cool down. Perhaps these sparks are just a shock to your system. The bad news: In the meantime, this can create (at best) some distance between you and your wife, and (at worst) the temptation for you to make a huge mistake.

Refocus on your wife, summon all the powers of the newlywed mojo and remind yourself of all the reasons you love her. Honestly, the belief that this other woman could possibly be a better match for you could be toxic to your marriage, so you've got to work at convincing yourself otherwise. Start by reminding yourself that a) you never even dated, and b) it's been a decade! But if you fight too hard, you may only make the forbidden fruit more appealing. It could help to do some emotional digging to figure out why this unknown quantity has such a hold on you — there might be something deeper going on.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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NEW IN HEALTH

warm ups

GALLOPING GALS

Ladies, grab your jog bras. Her Sports + Fitness magazine has been made over into Women's Running. There are still pieces on other activities (like snowshoeing), but the mag's first issue includes features on strengthening your core (for running!) and avoiding chafing, as well as a cookie recipe by an ultramarathoner.

AN INSIDE JOB

Fighting fires, teaching kids, healing the sick — that doesn't leave much time for customizing your vitamin intake. So Employee Vita (Employeevita.com) does it for you. Bottles of specialized blends ($25) aim to tackle professional woes, like stress and long shifts.

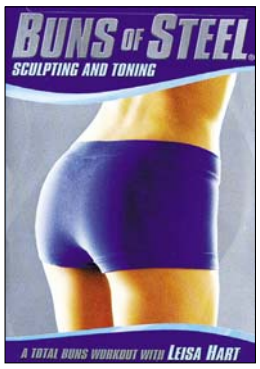
WEAR IT OUT

Just because you're sporting a hat and gloves doesn't mean you're fully dressed for outdoor exercise. Don't forget to don something like this Nathan Flash L.E.D. vest ($30, Amazon.com). The stretchy material isn't the most fashionable piece, but it's better to be seen than hurt.

POP CORN-FED

The stuff they sell at the movies is still off limits, but Weight Watchers has given its blessing to Jolly Time's Healthy Pop line ($2.60, grocery stores). The "unique corn variety" used means dieters only need to spare 1 point to scarf a 100-calorie bag of butter or kettle corn flavor.

GUINEA PIG



Hard Ass-ets

■ About 20 years ago, your mom's new year's resolution was to master that "Buns of Steel" video. This year, you can make her proud by committing to the new "Buns of Steel: Sculpting and Toning" ($15, Warner Brothers) — even if this version doesn't seem to be available in VHS format.

Perky "Buns" series veteran Leisa Hart targets those glutes in six mini routines (all are either 5 or 10 minutes) that draw from dance ("groovy buns"), kickboxing ("athletic buns") and more, including yoga, ballet and Pilates. Bored with squats and lunges? You'll find a tush toner you dig more on here.

And although Hart has a tendency to say incomprehensible things like, "You're curling an imaginary monkey tail up your vertebrae," she's generally easy to follow — as are her two back up exercisers, who show off more advanced versions of her moves.

The only downside of the backside workout is that the rest of your body may feel a bit neglected. But there is a 5-minute "Abs of Steel" preview in the special features. VICKY HALLETT (EXPRESS)

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BEST OF 2008

Why is our tummy sore? It's still recovering from learning the "super crunch" from Mike Everts, owner of FIT (1633 Q St. NW, 202-255-7814, Fit-dc.com), back in April. Remember? You lie flat on the ground, extend your arms above your head, then pike up so you can clap your feet and hands together in midair. Mastering a set of those would make for a fine New Year's resolution. But if you're looking for other ideas to make 2009 healthier and hotter, we're happy to jog your memory about what we've covered over the past year — from budget-saving training to Montel Williams' favorite diet tip to a happy hour that won't give you a hangover. VICKY HALLETT (EXPRESS)

1 The Runaround

The best way to see a town isn't from a touristy trolley — it's on your own two feet. City Running Tours (which operates a D.C. tour, as well as similar ones in other major U.S. cities — see Cityrunningtours.com) pairs travelers with guides who are willing to go just your speed, whether that's a jog/walk or a flat-out sprint. And while you're on the run, they point out landmarks, recommend places to eat and even take photos, so you'll have proof of what an active adventurer you are.

2 Rope Learns

Bored — or burned — by rope climbing? Instead, wrap your thick string around a pole and then pull it toward you hand over hand. Or, have someone else hold the other end, stabilize yourself in a squat and prepare for war: Both of you can whip your ends repeatedly to try to flick the rope out of the other's grip. Those are just some of the ideas behind the Battling Ropes System, which is taught at several area Bally Total Fitness locations.

Rear V

Most of us wo
"America's Go
D.C. Cowboys,
dance act. But
ance they got
M. Norris (131l
352-7875, Mi
vpweb.com) is
one strolling a
"Hello, they're
at your asses.
Bulgarian split
form of lunge.
builders are th

3 A Good Sport

Your chances of becoming a female Olympic gymnast start to plummet if you haven't given it a try by, oh, age 6. But with four years to go until the next summer games, there are a few sports you could master in time for the next round of trials. How about rowing? Many of the top folks (including local star Jamie Schroeder) didn't even get in a boat until college, and you can practice indoors on an ergometer virtually anywhere.

Home Improvement 4

Even workout DVD goddess Kathy Smith knows it car
to focus on an exercise DVD in your living room. That'
she advocates finding ways to "create a little ritual." S
all distractions, make it convenient — and promise yo
reward for sticking to the program. Her pick? A manic

It Takes Two

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5 personal training for two people instead of one, a
gaining popularity with folks looking for a bargai
out losing personal attention. Plus, if you pick th
buddy, he/she will push you harder than if you'd showe
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Rewind | fit

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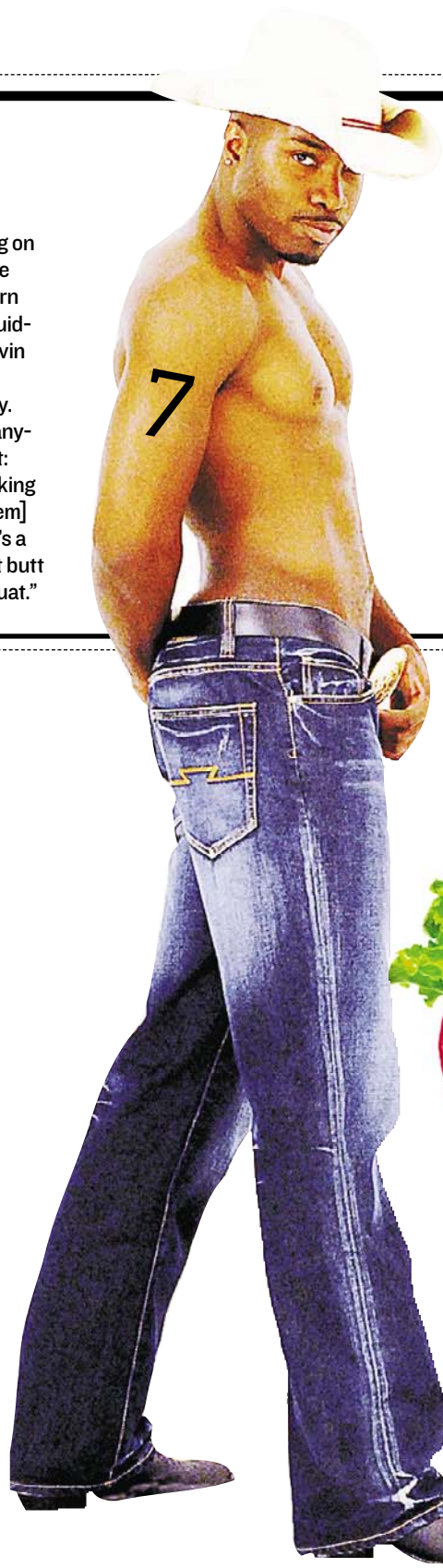

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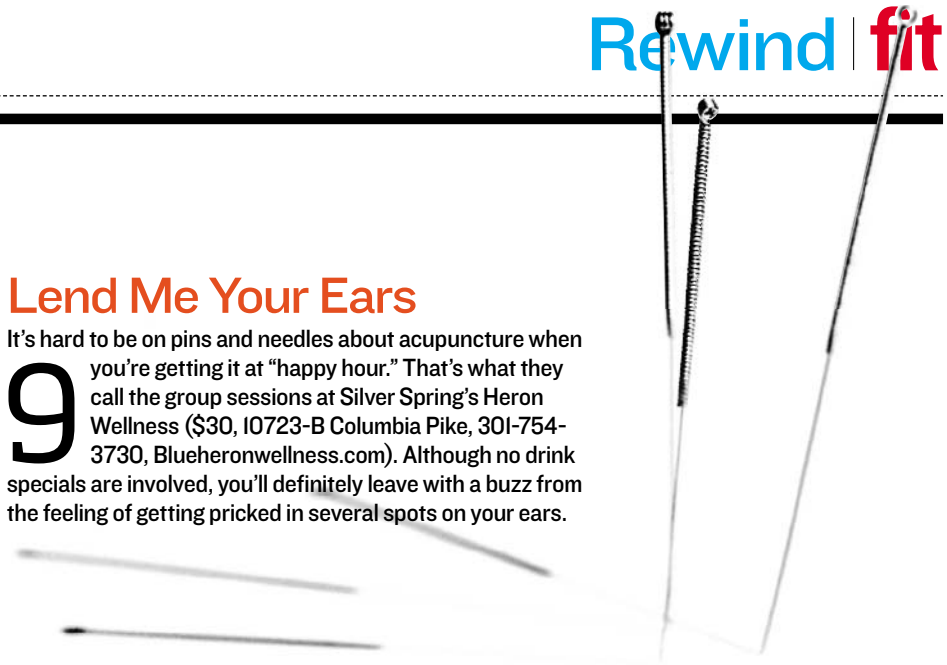
"TWO OF THE BEST BUTT BUILDERS ARE THE LUNGE AND THE SQUAT."

—KEVIN M. NORRIS
MIND YOUR OWN BODY

Lend Me Your Ears

It's hard to be on pins and needles about acupuncture when you're getting it at "happy hour." That's what they call the group sessions at Silver Spring's Heron Wellness ($30, 10723-B Columbia Pike, 301-754-3730, Blueheronwellness.com). Although no drink specials are involved, you'll definitely leave with a buzz from the feeling of getting pricked in several spots on your ears.



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Juice Rocks

Going green isn't just about being eco-friendly, it can make over your diet, too. Talk show host/author Montel Williams grabs everything with an emerald hue from the produce aisle at the grocery store, with the exception of broccoli and asparagus (digestion and smell issues, apparently). "Spinach, kale, collard greens — it's all going in my juicer and in my mouth," he told us. The result: A whole lot more veggies in his stomach and less space for junk.

10

Child's Play

Even if you're too old to believe in Santa Claus, it's never too late for some kids' games. Hopscotch, jump rope and four square don't have an age limit. And just because you're having fun doesn't mean you aren't burning calories. At Mind the Mat Pilates (2214 Mount Vernon Ave., Alexandria, 703-683-2228, Mindthemat.com), you might even find yourself crab walking. It's "great for strengthening the back and opening the hip flexors," explains co-founder Megan Bellamy Brown.

Mall Makeover

Don't have the bucks to join a gym? The next best thing may be The Mall. That's where Miss D.C. International got ready for the "fitness" portion of the competition with the help of trainer Walter Lewis of Awesome Physique (Awesomephysique.com). Copy her routine and you'll be ready to compete, too: Run the stairs of the Lincoln Memorial, grab on the nearby handrails to do pullups and use the trees planted along the Reflecting Pool as markers (think along the lines of walking lunges for five trees, then side squats for two).

fit | Nutrition

EATINGIN

LARRY CROWE/AP

Sun-Dried Tomato and Parmesan Couscous

The mix can be jarred in 10 minutes, and it keeps for a month refrigerated.

INGREDIENTS

- **1/2 CUP** sun-dried tomatoes (dry, not oil-packed)
- **1/2 CUP** water
- **3 TBSP** pine nuts
- **1 1/2 CUPS** whole-wheat couscous
- **3 TBSP** grated Parmesan cheese
- **1 TBSP** dried minced onion
- **1 TBSP** dried parsley
- **1 TSP** dried oregano
- **1 TSP** dried rosemary
- **1/2 TSP** salt
- **1/4 TSP** ground black pepper

10 MINUTES, SERVES 6

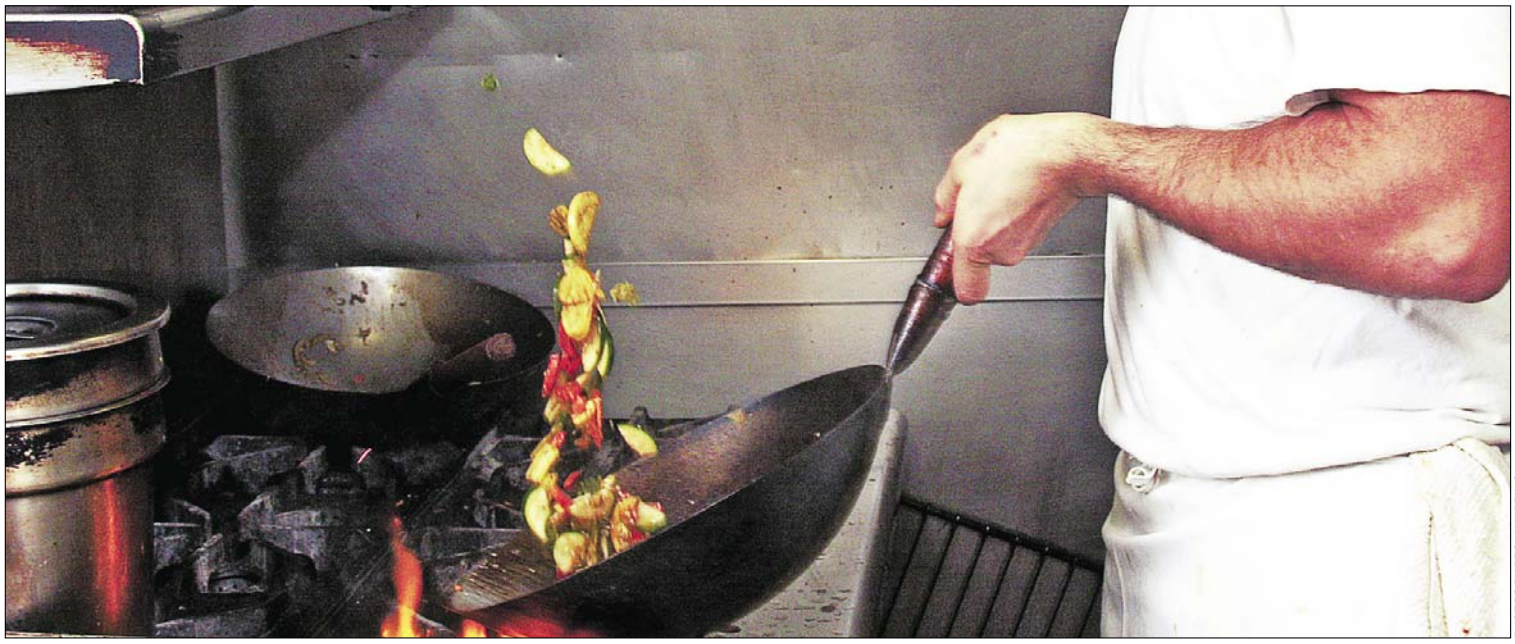
IN A SMALL BOWL, combine the sun-dried tomatoes and water. Cover with plastic wrap and microwave on high for 2 minutes, or until softened. Drain, let cool, then blot thoroughly with paper towels. Chop finely and set aside.

In a small skillet, stir pine nuts over medium-low heat until lightly toasted, about 3 minutes. Transfer to a plate to cool.

In a medium bowl, combine the tomatoes, pine nuts and all remaining ingredients. Transfer to a jar or zip-close bag. Then refrigerate for up to 1 month.

TO PREPARE: In a medium sauce pan, combine the couscous mixture with 2 1/2 cups of water and 1 teaspoon of olive oil or butter (optional). Bring to a boil and then cover. Remove from the heat and let stand for 5 to 10 minutes, or until all the water is absorbed. Fluff with a fork before serving. (AP)

#164 calories, 7 g protein, 26 g carbs, 5 g fat, 3 mg cholesterol, 352 mg sodium, 4 g fiber



PHOTOS BY REGAN KIREILIS

Chef Adrien Marsoni tosses vegetables at the Juice Joint Cafe. The McPherson Square lunchtime hot spot prides itself on dishing out healthy, yet appetizing fare.

Get Juiced for the New Year

A McPherson Square spot puts the squeeze on fruits and veggies

Here's an easy way to stick to a New Year's resolution to eat better: Swap your usual lunch for good-for-you grub from the Juice Joint Cafe (1025 Vermont Ave NW; 202-347-6783, Juicejointcafe.com), a McPherson Square eatery that lures in downtown workers with smoothies, veggie-packed wraps, organic omelets and more.

You'll be joining a roster of regulars who visit multiple times per week, including Robin Halsband, 38, who works around the corner from the cafe and has been a fixture for three years. "I feel good about the food I get here," she says.

Such devoted customers are a testament to the plan Tom Holland and his brother Jim cooked up 11 years ago when they opened the place as an alternative to fast food counters. "Originally when I started this concept, I wanted to be next to every McDonalds in the country," Tom Holland says.

They haven't served billions quite yet, but the cramped kitchen, long lines (often out the door) and steady growth (even in this rotten economy), has convinced Holland it's time for more Joints. Plans are in the works to expand to two new locations, one along Pennsylvania Avenue and another in Crystal City.

The secret to his success is no secret at all: Holland says it comes down to quality and consistency.

For proof, just ask Oscar Llorin, 42, who visits twice a week on his lunch break. His favorite item? "The turkey burger and avocado wrap," Llorin says. "It's a special every Tuesday, and I'm here every Tuesday."

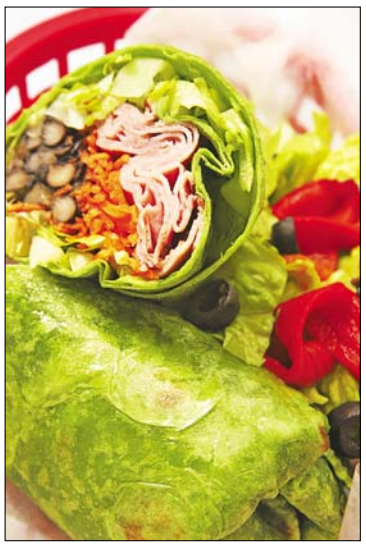
Customers also appreciate the variety in the menu. It ranges from light fare like salads and blueberry granola to more substantial items like organic multigrain pancakes, jerk salmon quesadillas and veggie stir-fry with brown rice. The gourmet factor was upped this summer when classically trained French chef Adrien Marsoni, previously of Mountsouris and Bistrot du Coin, joined the Juice Joint team as a partner and executive chef in June.

He's added specials that include low-calorie versions of decadent dishes such as duck a l'orange and free-range turkey meatloaf stuffed with fresh pumpkin. Marsoni says he keeps his creations in line with the cafe's healthy credo by replacing butter with olive oil and using soy dairy products instead of cream.

Of course, as the name implies, the Juice Joint also offers plenty of options for those who like to gulp their nutrients. Fresh-squeezed and pressed nectars go into every juice or smoothie served, from the Tom's Choice (carrot, apple, beet and ginger juices) to the O'Berry (orange, pineapple and strawberry juices). The sips are especially popular during the summer, Holland says, when the cafe goes through 250 pounds of oranges, 100 pounds of carrots and 120 pounds of bananas per day.

All three of the cafe's juicing machines need to get busy to handle that much liquid. And Holland is definitely amped up, too, as he eagerly helps any customers looking for more information on the benefits of juicing.

Curious eaters get referred to some of his nutritional "bibles," which include Michael T. Murray's "The Complete Book of Juicing" and tomes by the "Juice Lady," Cherie Calbom and the "Juiceman," Jay Kordich.



The Juice Joint's colorful wraps keep customers coming back for more.

The right ingredients in a meal can leave customers more than just satisfied. "People talk about how they feel, and a lot of how they feel is how they eat," Holland explains.

Certainly, his clientele feels better eating his food. "I hear from customers all the time, 'I'm so happy you're here, you're just what I'm looking for.'" KATIE ABERBACH (EXPRESS)

NEW YEAR'S PLAY

- At Shakti Mind Body Studio's New Year's Eve 2009 Intentions Yoga event, you'll do an hour-long practice, perform a handwashing ceremony and taste champagne or non-alcoholic cider. (Free with registration, Dec. 31, 10 p.m.-12:30 a.m., 1015 1/2 7th St. NW, Shaktimindbodystudio.com)
- Finishers of the inaugural Fairfax Four Miler race are going to be greeted with hot wine (and coffee), along with a hooded sweatshirt. ($35-$40, Dec 31, 7 p.m., 10427 North Street, Fairfax, Fairfaxfour.com)
- Get up in time for the Oxon Hill Bicycle and Trail Club's Hang Over Ride. (Jan. 1, 10 a.m., Rosaryville State Park, Ohbike.org)

STETHOSCOPE

NUTRITION

The Price of Milk

■ Drinking straight from the cow's udder sounds healthy — and raw milk fans claim the stuff can treat an array of ailments. But researchers from the Ohio State University College of Veterinary Medicine are urging folks to stick with dairy that's been pasteurized. Recently, outbreaks of diseases from raw milk have been on the rise. And though naysayers complain that heating destroys milk's healthy organisms (and germs), no evidence suggests the nutritional content is affected by the process.

HEALTH CARE

A Wee Problem

■ There's something different about boys these days: They're often not circumcised. According to findings published in the American Journal of Public Health, several states have dropped coverage of the procedure through Medicaid, so thousands of infants who would be getting snipped aren't. This worries part of the medical community, who point to research suggesting that circumcision reduces the risk of sexually transmitted diseases.

PAIN

Ready for Lift Off

■ Running away from your problems isn't always the best idea. Just look to a recent report in the Journal of Strength and Conditioning Research. People with back pain were split into three groups: one did whole-body resistance training, another focused on aerobics (on treadmills and ellipticals) and a third continued to be inactive. Group one reported a 60 percent improvement in pain and functioning, while group two saw only a 12 percent boost. Group three, shockingly, reported no changes.

Blue Tooth? Try DIY Dentistry

Six quick fixes to help you cure problems in that pie hole of yours

Need some quick help with your chompers? Here's how to play dentist.

GETTY IMAGES

Sensitive teeth

CAUSE: Exposed nerve roots, often due to receding gums

TREATMENT: Lay off the whitening, tartar control and baking soda toothpastes. They're abrasive, and some contain phosphates — two causes of sensitive teeth. Also, don't brush so hard. "It can lead to recessed gums," says cosmetic and reconstructive dentist Sherri Worth. If pain persists, visit your dentist for a fluoride treatment.

Lost tooth

CAUSES: Roller derby, too many Jell-O shots

TREATMENT: Rinse off the tooth and push it back in right away, then bite down gently on a soft cloth or a moistened tea bag to hold it in place. Knocking out a tooth tears the periodontal ligaments, but some might still cling to the tooth, allowing it to reattach to the gums. Drinking hot beverages, smoking and constantly poking the tooth with your tongue reduce the chances of that happening. And even if the tooth does reattach, the tissue inside can still die. If so, you might need a root canal, so see your dentist.

Burned palate

CAUSE: Hot pizza coupled with impatience

TREATMENT: Setting fire to the roof of your mouth can leave a painful wound that smarts even more when you eat acidic foods like oranges and tomatoes, says Pia Lieb, a cosmetic dentist in New York City. She recommends applying Kanka ($6.50, Drugstore.com), a liquid anesthetic that sticks to saliva-coated tissue, to protect the burn. Still hurting? Your dentist can prescribe a topical steroid cream to reduce inflammation and help speed healing.

Burned tongue

CAUSES: Hot coffee, poor flame-eating technique

TREATMENT: Immediately rinse with a solution of a teaspoon of salt and a cup of warm water. "It's actually very soothing," Worth says. The salt draws the infection to the surface of the tissue, where the body eliminates it, and helps neutralize the acidic environment in your mouth that fosters bacteria.

Jaw soreness

CAUSE: Usually grinding your teeth at night

TREATMENT: If you're relaxed before you go to bed, you'll be less likely to grind. "Try taking a hot bath or listening to soothing music," Worth says. Sleeping on your back can help. If nothing else works, see your dentist to get fitted for a night guard.

Canker sore

CAUSES: There are many possible, but crunchy, sharp or spicy foods can further irritate the sore

TREATMENT: Apply vegetable oil to a cotton ball and hold it against the sore for about a minute three or four times a day. "The oil helps to coat the sore and protect it from irritation," says Mary Ellen Camire, a professor of food science and nutrition at the University of Maine. You can also try Canker-Melts discs ($16 for 24, orahealth.com); one study found they helped heal sores faster than a placebo.

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PILL POPPING

Up to Date

■ **QUESTION:** I have a bottle of expired ibuprofen tablets. Will they still work if I have nothing else?

■ **ANSWER:** If your ibuprofen was capped and properly stored, it might still be effective. Drug products certified by the USP (a leading standards authority) retain at least 90 percent potency up to their expiration month. Manufacturers typically choose conservative expiration dates anyway, as it ensures that products are purchased regularly. Research suggests that most meds, in both opened and unopened containers, are safe and effective at least a year or two past the expiration date (provided they're kept in a low humidity environment, so don't store pills in your steamy bathroom).

ISTOCK

Still, practice some common sense: Risk an expired pill for sore muscles, if need be, but if it's a potentially life-saving daily aspirin or prescription med, don't put your trust in an expired batch. RICHARD HARKNESS (REPRINTED WITH PERMISSION OF PREVENTION MAGAZINE © RODALE INC.)

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